

MELVILLE ATHLETICS CLUB



**2025/2026
SEASON HANDBOOK**

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Advisor & Negotiator

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MELVILLE ROAR

Home of the Melville Athletics Club

Dear Members,

Welcome to the 2025/2026 season with Melville Roar!

Firstly, we would like to acknowledge the Bibbulmun people as the Traditional Owners of the land on which we train and compete and pay our respect to the Whadjuk people, and Elders both past and present.

This is our "Orange Book" and is provided as a quick guide to Little Athletics activities for the Summer Season at Melville and Little Athletics State Events in WA. It is also a way for us to recognise the achievements of our committed and talented athletes over the previous Summer and Winter Seasons.

We completed a full season with an impressive 5,158 personal bests and 39 new Centre Records. Our athletes were also successful in both the State Junior Championships and the State Championships with an abundance of PB's, medals and Open Records.

We have an exciting year ahead with the opening of the clubrooms and facilities at Len Shearer Reserve. We also enter a new era as we all compete as the one Melville Athletics Club. It has been a difficult decision to part ways with the four remaining affiliated clubs but the benefits of this process, particularly for funding, will be enormous for the Clubs future.

This season Athletics West will further progress the one sport model for athletics in WA. Age groups will transition to align with Athletics Australia but importantly athletes will not be disadvantaged by this change. There is a strong focus on participation and personal bests for athletes up to under 12's whilst maintaining state level competition for older athletes.

As always, everyone's contribution and participation will allow Little Athletics to provide long lasting memories. Together, our contributions and support, of not only our children, but everyone in our Centre, develops foundational athletic skills, friendships and important life skills.

Kind regards
MAC Executive Committee

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Summer Season Calendar 2025-2026

Day	Date	Start Time	Event	Venue
2025				
Saturday	11-Oct	7:45 am	Program 1	Len Shearer
	18-Oct		Program 2	
	25-Oct		Program 1	
	1-Nov		Program 2	
	8-Nov		Program 1	
	15-Nov		Program 2	
	22-Nov		Program 1	
	29-Nov		Program 2 – MAC Fundraiser	
	6-Dec	4.45 pm	Special Event - Twilight	
Saturday	13-Dec		State Relay Championships	WA Athletics Stadium
2026				
Saturday	10-Jan	7:45 am	Program 1	Len Shearer
	17-Jan		Program 2	
Friday	23-Jan	4:45 pm	Special Event - Twilight	
Saturday	31-Jan		Junior Challenge	WA Athletics Stadium
		7:45 am	Program 1 – Life Members Day	Len Shearer
Sat & Sun	7-8 Feb		State Combined Events Champs	WA Athletics Stadium
Saturday	14-Feb	7:45 am	Program 2	Len Shearer
Fri - Sun	20-22 Feb		WA State Junior Championships (U13-U18)	WA Athletics Stadium
Saturday	28-Feb	7:45 am	Centre Champs - Program 1 *	Len Shearer
	7-Mar		Centre Champs - Program 2 *	Len Shearer
Fri - Sun	6 - 8 Mar		WA State Senior Championships (U20 and open)	WA Athletics Stadium
Sat - Sun	21- 22 Mar		Little Athletics WA Challenge	WA Athletics Stadium
Saturday	28-Mar		MAC AGM & Windup	Len Shearer

Melville Athletics Club - 2025-2026 – PROGRAM 1

7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B	12G	13B	13G	14B	14G	15B	15G	16/17/ 18B	16/17/ 18G
									HJ			1500MW		1500MW	HJ	Jav	1500M	Jav	D
60MH	SP	60MH	SP			700MW	LJ	60MH			1500M			1500M	JAV				
				60MH				1100MW		1100MW							D		
D	LJ	D	LJ		SP					80MH									
				TURBO		HJ			SP		HJ	80MH	TJ	80MH	1500M	90MH		110MH	
								LJ				800M							
	70M		70M				D		70M	SP	TJ			800M					
Vortex		Vortex		500M	70M							LJ	D		200MH		200MH	800M	300MH
						800M		800M			100M								
	200M		200M		200M					800M									
		300M					100M	TURBO						LJ		SP	HJ	SP	HJ
				D					400M			400M			TJ				
								200M		JAV	D								
100M		100M		100M								SP		SP			400M		400M
						TURBO	400M		D	200M		JAV			400M			LJ	
											400M			200M					
					SP												TJ		TJ
					200M				100M	LJ			100M		D	200M		200M	
												200M			100M				
																	100M		100M

- The program will commence on time at 7:45am or 4:45pm for twilights with the first marshal call approximately 5 minutes before the start time. The program will finish approximately 12 noon. These are indicative only as the program will at times be ahead or behind schedule.
- The order of events may change at the discretion of the Arena Manager. Please listen to the Announcer and be aware of your age group movements.
- Ages 16, 17, 18 and open may all compete in the same heats. This will be dependent on athlete numbers at any given competition and will be at the discretion of the Arena Manager.

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Melville Athletics Club - 2025-2026 – PROGRAM 2

7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B	12G	13B	13G	14B	14G	15B	15G	16/ 17/18B	16/ 17/18G
													1500MW	1500MW	1500MW	D	Jav	D	Jav
SP	60MH	SP	60MH		60MH	LJ	60MH	D	1100MW	1500M		1500M			JAV				
							700MW												
LJ	D	LJ	D	SP					60MH		1100MW			HJ					
											80MH		80MH			1500M			
					500M			TURBO	SP	HJ		TJ			80MH		80MH		100MH
70M						D					SP								
	Vortex		Vortex	70M						TJ					800M				
								70M	800M			D	LJ	200MH		200MH	800M	300MH	800M
					TURBO		800M	HJ		100M	800M								
200M				200M		100M			TURBO						LJ	HJ	SP	HJ	SP
			300M									400M	SP						
					D			HJ	400M					TJ					
	100M		100M	LJ	100M				200M	D	JAV								
						400M					200M	HJ	JAV	400M		400M		400M	200M
											200M				200M				
						SP				400M								TJ	
							200M				LJ	100M		D			200M		
													200M	100M					
																100M		100M	

- The program will commence on time at 7:45am or 4:45pm for twilights with the first marshal call approximately 5 minutes before the start time. The program will finish approximately 12 noon. These are indicative only as program will at times be ahead or behind schedule.
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Melville Athletics Club Contacts 2025-2026

Executive Committee

Position	Person
President	Andrew Angelatos
Vice President	Alasdair Dempsey
Treasurer	Tarin Paniora
Secretary	Executive Officer / Tonya Trubshoe
Member Portfolios	
Arena	Mark Stott
Field	Anita Downing
Championships	Rebecca Gray
Coaching	Alasdair Dempsey
Technical	Dan Palmer
Rosters and Officials	Vanessa Granato

Committee Support

Assistant Arena and Field Manager	Vacant
Junior Coaching Coordinator	Rosie Sloan
Seniors Manager	Mark Blackman
Canteen and BBQ Manager	Julia Yeow
First Aid Officer	Ian Gawthrop
Grants and Sponsorships Officer	Mark Stott
Uniforms Manager	Jackie Clark
Website Manger	Dean Fearnall
Technical and Equipment Support	Jason Tan
Rosters	Rhys Arangio
Rosters	Ashleigh Wigger
Winter Manager	Vacant

Centre Captains

Siyana Bernard
Niamh Jones

Please direct any Club enquiries to the Executive Officer at macexecutiveofficer@gmail.com for distribution to the appropriate member.

History of Melville Athletics

Melville Little Athletics Centre, now Club, was founded in 1969, with the first competition being held in November 1969 with over 1,000 athletes competing. The inaugural competition was held at Tompkins Park, moving to Marmion Reserve in 1975 and then to our current home at Len Shearer Reserve in 1981.

Up until 2025 Melville Athletics Club ran little athletics as a centre with affiliated clubs participating in weekly competition under the banner of their club. The four remaining clubs to compete at Melville were Brentwood, Olympia, Palmyra-Bicton and Leeming. Athletes went on to compete at Athletics West events as Melville Roar Athletics Club. From the 2025/26 season, all athletes will be registered under the Melville Roar Athletics Club.

Melville has had past athletes compete at State, National and International Competitions and their abilities are shown in some of the long-standing Centre records listed in this book. Fred Martin represented Australia at the 1984 Los Angeles Olympics in the 100m and 200m and held the U20 National 200m record for many years. Shane Hair represented Australia at the 1998 Commonwealth Games and held National Long Jump Titles from 1997-1999. More recently, Ky Hehir represented Australia at the Trinbago 2023 Commonwealth Youth Games in the 3,000m and Sacha Zoya represented France at the Paris 2024 Olympics in the 110m hurdles. Some of our record holders shifted from athletics to become champions in other sports, including basketball and football.

The success of our Club comes not only from the athletes, but the parents who have contributed to both. Our Life Members below are recognised for their exceptional service to our Club and we would like to extend our appreciation to them for where we are today.

Life Members

Chris Chequer	Eric Christian (dec)	Chris Craggs	Lorraine Feddema
Doug Hancy (dec)	Kaye Hair (dec)	Jenny Hazell	Milan Klauz
Diane Lowe	Tracey Robinson	Merrill Straughan	Trevor Straughan (dec)
Jim Turnbull (dec)	Darren Wright	Teresa Blackman	Julie Pearman-Johns
Brett Johns	Mark Blackman	Ross Keane	Roger Hinton
Neil Hancy	Simon Kenworthy-Groen	Graham Cowin	John Watters

Eric Christian Athlete Life Membership

Established in 2012-13 and renamed after life member, Mr. Eric Christian in 2015, this award recognises the dedication and contribution of athletes who have been registered and competed with Melville from U7 through to 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).
2018	Caitlin Blackman (OL), Isabella Reeves (PB) & Raynor Keane (BW).
2019	Laura Hegedus (LM), Lyndon Kenworthy-Groen (LM) & Courtney Johns (PB).
2021	Caitlin Hodgkinson (BW), Charlotte George (BW), Brandon George (LM)
2023	Olivia Sanderson (PB), Matilda Willis (PB)
2024	Alexander Dempsey (BW)
2025	Ava Nadin (PB), Alexandra Pike (BW)

Structure of Little Athletics in WA

The Little Athletics Program is offered at Centres throughout Australia, with Little Athletics in WA being governed by Athletics West.

Athletics West

Athletics West provides control and direction of Little Athletics at our State level. In WA we have one state body for both Little Athletics and the Senior Program who conduct state events and undertake activities to promote and advance athletics in WA. They run all State Championships and prepare and enter West Australian teams in national athletics competitions.

Athletics West have a website www.athleticswest.com.au that provides information on state events, including their results; Rules of Competition and opportunities for coaching development. They also have a Facebook page to keep up-to-date with events.

Club or Centre

A Club or Centre is the body that organises and conducts the weekly competitions for local Little Athletics athletes. Clubs or Centres design their own program and timetable, register members and co-ordinate the activities of volunteers. Clubs or Centres can be a hub for athletes from surrounding areas or they may be made up of multiple clubs.

Melville Athletics Club is both a Junior and Senior Club. We have an Executive Committee that organises our summer athletics meets. We also have officers that support senior and winter competitors. At State and Winter Competitions, all athletes compete for Melville and wear the Melville Roar uniform.

Melville Athletics Club has a website www.melvilleroar.com that contains Melville Roar specific information. We also have Facebook and Instagram pages: Melville Roar Athletics Club for up-to-date information on our training and events, and our Melville Roar Buy and Sell group.

General Information

The content in this book is a summary of key information about how we run our program. Please see our website for our full By-Laws and Policies and speak to your Executive Committee if you have any queries.

Facilities

Our Little Athletics meets are held at Len Shearer Reserve, Booragoon on Saturday mornings and twilight event evenings as detailed in the Summer Season Calendar. All competitors and volunteers are expected to take care of the track, equipment and surrounding areas.

If there is a safety concern at the facilities, please speak to the Arena Manager or an Executive Committee member.

Age Grouping and Registration

Little Athletics cater for boys and girls aged between 5 and 16 for enrolment in the U7-U18 age groups. We also offer a community membership option U19+ which is popular with current parents and aged out athletes who wish to continue to compete in the sport at a community and social level.

For 2024/25 Age Groups are as follows based on the child's age at midnight 31 December:

Age Group	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19+
Year Born	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008

A birth certificate (or alternative 'proof of age') must be sighted by a committee member or uploaded to Rev Sport to demonstrate proof of age for all new registrations.

The official registration period is from 1 September to 31 August and Little Athletics athletes compete in the same age group for both the Summer and Winter seasons. Further details on the Winter Season can be found in the back of this book.

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 U16, U17, U18 and Open age groups who will compete in the same program due to limited numbers. The results however, will be recorded as per each age group.

Program Management

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 each competition, as there may on occasion be slight changes to the order of events. 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 Assistants, work closely with the announcer, and may modify the program if/when problems or opportunities arise to ensure that an early as possible finish is achieved.

Any program issues need to be raised with your Age Group Manager who will then discuss with the Arena Managers.

Club Parent Rosters

Parent participation in club rosters is essential for the successful running of our competitions. See Club Rosters and Site Management for further information.

Marshalling

All competitors will be called approximately five minutes and then three minutes prior to the commencement of events. Athletes in age groups U7 to U9 are to report to the marshalling tent where they will be escorted to their events. U10 to U19+ are to report directly to the site or event start line where they will be marshalled.

Age Group Managers and parents are asked to listen carefully to all announcements to assist athletes in not missing events. Athletes may join events late but may not make up missed trials except at the discretion of the Key Official.

Heats and Field Sites

In each track event, competitors are ordered, after their initial participation in the event, according to best achieved times. This enables 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 two sites at field events.

Results

Results HQ is the platform used by Little Athletics in WA to collate event results and organise event start lists each week. You can log in to this online application through our website and register to see your weekly results and compare your event performance over the season. Melville results will be available within two working days after each program. Please be aware due to the volume of paper generated, recording sheets are only held for two weeks. As such please address any result queries promptly via our Executive Officer.

Complaints

Any complaints must be raised through your Age Group Manager, Club President or Executive Officer. Complaints directed at our parent volunteers will not be addressed. It is our mission to take complaints or any discrepancies (preferably in writing) in a timely manner, so that they can be dealt with fairly and appropriately.

Parent and Spectator Behaviour

All officials at Melville are volunteers and deserve respect from athletes, parents, and 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 Age Group Manager or Arena 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 our Code of Conduct. Please see the Code of Conduct on our website for further information.

Photography

If you plan to take photos or footage that include children or young persons that are not your own, please obtain permission from the child's parent or guardian prior, particularly if they can be identified and you intend to post the images on to social media.

Coaches must inform any athlete and guardian(s) if they want to record the athlete as a tool

to analyse and improve performance.

At the time of registration permission was, or wasn't, given for Athlete photos to be taken and used for Melville Roar promotional purposes. Should you wish to remove this permission, please address this in writing to the Executive Officer and Club President.

Melville Roar Senior Athletics

Melville Roar Athletics Club competes under the affiliation of Athletics West (AW) who conduct senior athletic meets at the WA Athletics Stadium for athletes registered in the Strive Program. Melville Roar Seniors requires a separate registration.

Athletes that are a minimum of 12 years old can register to compete in the Strive program. We offer discounted Strive Membership options for our Little Athletics members registering as Melville Roar Seniors.

The level of competition is high and the majority of Strive events are conducted on a Friday evening under lights at the WA Athletics Stadium. The calendar of events along with timetables can be found on the Athletics West website – www.athleticswest.com.au.

The Strive program of events follows a 4-week cycle (A to D) as well as some special meets 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. Technical specifications for events, such as hurdle heights and distances, throwing implement weights, may vary from Little Athletics specifications. There are fees associated with nominating for each senior's competition which must be done weekly and prior to the cut off for each meet – see Athletics West website for further details.

Melville Roar Senior Athletes wear the Melville Roar uniform with their assigned competition number. For those dual athletes who are competing in Little Athletics and Seniors Strive competitions, the same bib and number is displayed.

Safety

Accidents, First Aid and Insurance

In the event of an athlete requiring First Aid assistance please report to the announcer or ask the site key official to radio the announcer who will request the First Aid Officer attendance. All accidents are to be reported immediately to the First Aid Officer. A small first aid area is set up inside the Clubroom during each competition. An Injury Report Form must be completed and lodged with the First Aid Officer. Insurance is provided through Athletics West and further information is available on their website.

Working with Children Regulations

Any regular volunteer at training or competition, who is not a parent or guardian of a child participating, must obtain a Working with Children Card (WWCC). Please speak to the Executive Officer to make arrangements for this as it needs to be supported by the Club and included on the Club WWCC register.

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 Club or Association.

Weather

If a club program or events are cancelled due to weather the events will not be made up in subsequent weeks.

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 Club Championships.

Wet Weather Policy

A decision to cancel, modify or postpone a scheduled Club meet due to prevailing weather shall be made no sooner than 30 minutes after the official starting time (i.e. 8:15am for a morning meet or 5:15pm for a twilight meet) at a meeting attended by the Arena Manager, Club President and a minimum of three members of the Executive Committee.

If significant rain has fallen overnight or in the lead up to competition, the track and field will be inspected prior to competition commencement to ensure it is safe.

In the case of a thunderstorm, if the time between the lightning flash and rumble of thunder is 30 seconds or less. All individuals will be instructed to take appropriate shelter and events will be postponed or cancelled. Competition will not resume until at least 30 minutes after the last sound of thunder or flash of lightning

Extreme Heat

Consideration will be given to postponing or cancelling events if the ambient temperature is expected to be above 40°C for an extended period of time during the competition period.

Parent Rosters & Site Management

Equipment and Parent Rosters

Parents on roster are critical for the successful running of our competitions.

All parents will receive a roster of duties upon registering their U7 to U18 children. Athletes registered as Community Members (U19+ Age group) are not required to do roster duties or additional rosters (if they are the parent of a registered U6 to U17 Little Athletics athlete) as a result of their registration.

Setting up and starting on time ensures we finish as scheduled. When on roster please:

	Morning Meet	Twilight Meet
Arrive and sign in by	7:30am	4:30pm
Complete equipment set up by	7:45am	4:45pm
Start events at	7:45am	4:45pm

Signing in when on roster ensures that you are covered by Athletics West insurance in the event of an incident. The Club will display a Sign-In Sheet for those on roster, at our club rooms.

Each age group is allocated specified sites as their primary roster duty and are responsible for ensuring the efficient running of these sites for the duration of the season. Rostered positions will be responsible for setting up and putting away all equipment and shade tents, by the allocated times, at these sites.

The athletics roster system is dependent on many volunteers doing their part. If a family fails to participate by not completing their rostered duty, they will be given a warning by the Roster Manager. Further missing a duty roster may result in athletes being not allowed to compete.

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

Site Management

Sites are controlled by a nominated key official. They will provide all parents on roster on that site with direction to ensure the site is run safely and efficiently.

There are files for each site which need to be collected by the key official from the sign-in desk and taken to each site for recording. These files are to be returned to the sign-in desk at the completion of competition for results to be entered into Results HQ.

For field events, if an athlete turns up late and the athletes name has been called in the first round, the athlete shall forfeit the right to participate in that round. In general, events are not to be held up for athletes that are late. In the case where an athlete is late due to circumstances beyond their control, the Key Official may exercise flexibility.

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

We have an Arena Manager, and a Field Manager, who can assist with queries or problems during the Program. Our Club President and other Committee members are always on hand to assist.

The Technical Manager/Assets and Equipment Manager can help with all requests and information in relation to the Melville Little Athletics equipment and is generally located in the equipment shed area at the commencement and completion of competition. Please inform them of any problems with equipment when returning it.

Rules for Melville Competition

All events are conducted in accordance with the rules as set by Athletics West or as determined by the Melville Club Executive. Athletics West rules are available on the website www.athleticswest.com.au.

Melville Athletics Club specific rules are listed in this book under Competition Standards.

Arena Access

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

The Club 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 Conduct and may result in a ban from competition.

Athletes with disabilities that require specific parental supervision will be required to notify the Executive Officer. The Club can then put in place measures to ensure the athlete feels included and may participate in all events to the best of their ability.

Uniform

The Athletics West Rules of Competition state:

- If manufacturer's logos are present on the uniform, the logo must not exceed 7cm x 5cm (approximate size of a matchbox).
- Athletes may wear a second top underneath their approved uniform top. If worn, the top must be plain and the same colour as the predominant colour of the approved uniform top, or white.
- Athletes may wear leggings of any length except in Walking events. If worn they shall be the same colour as approved uniform short colour, or predominately black.
- If an athlete is to wear compression shorts as an outer garment only, then they must be the same colour as the approved centre shorts colour or predominately black.
- Athletes may wear a second pair of shorts (e.g. compression shorts) underneath their approved uniform shorts. If worn, they must be the same colour as the approved uniform shorts colour, predominately black, or skin colour.
- Compression shorts that have branding on the waist like, e.g., Nike Pro, will be accepted.
- For Walking events, short length must finish at least 5cm above the knee.

Each competitor must be attired in the correct uniform from the commencement of the season. Please securely fasten the registration bib as shown (sewn, hand tacked or pinned).



The registration bib is placed on the front and centre of the uniform top with the athlete's name and age group written in the spaces provided.

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

Club Uniforms

Club uniforms are to be worn at all meets conducted by AW.

The Melville Club uniform consists of:

- Orange & black top with Tiger Motif
- Plain black shorts, briefs, or cycle shorts
- Registration number on the front and centre of the top
- Singlets may be purchased from the Uniform Manager.

Footwear, Shoes and Spikes

The Athletics West Rules of Competition state:

- Appropriate footwear is compulsory for all athletes in all events
- No athlete may wear football boots or cleats in any event
- Athletes in the U7 - U11 age group may not wear spike shoes
- Athletes in the U12 - U13 age group may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin
- Athletes in the U14 - U18 age groups 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
- Spike shoes cannot be worn outside the defined "Field of Play" unless all spikes are suitably covered.

Please see the Rules of Competition for further details on the Athletics West website.

Melville Athletics Club 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 competitions.

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 coaches 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 Conduct.

At Athletics West 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.

Club Championships

To be eligible to compete at the Club Championships, U7 – U18 athletes must have competed in an event a minimum of two times at our weekly Melville Little Athletics Club competitions during the current program season. U19+ community member athletes are not eligible to compete in any events at the Club Championships.

If an event is cancelled twice during the season beyond the control of the athlete, the committee's discretion will be used for purposes of eligibility to compete at Club Championships.

Athletes Visiting from Other Centres

Registered athletes from other Centres are welcome at Melville. Visitors should provide their personal best performances to the Executive Officer at least one week prior to the competition day. Failure to do so will mean that the athlete will not be registered for the event and may not be allowed to compete.

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. Visitors are not eligible to attend in Weeks 1-4, or at Club Championships.

Inter-Centre and State Competitions

A number of Inter-centre Competitions are held throughout the season with further details available on the Athletics West website.

Please direct any enquiries about events to the Championships Manager.

A condition of nomination to these 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.

Nominations for Athletics West events before the closing date are through Rev Sport or the Events Page on AW website. Entries are the responsibility of individual athletes (with the exception of State Relays).

State Relay Championships

Date: Sat 13 Dec 2025
Venue: WA Athletics Stadium
Uniform: Melville Athletics Club uniform with registration number

Entry to the State Relays is for U10 to U18 age groups and through Club selection via criteria found in our Club Selection Criteria Policy.

Track Relay Teams shall comprise of either 4 or 5 athletes to compete in one or two events which are determined by Aths West. Field Relay Teams shall comprise of either 2, 3 or 4 athletes to compete in the four events which are determined by Aths West, from the following: triple jump, long jump, javelin, shot put and discus.

Each Club is eligible to nominate one team (minimum of four, maximum of five participants) 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.

Junior Challenge

Date: Sat 31 Jan 2026
Venue: WA Athletics Stadium
Uniform: Melville Athletics Club uniform with registration number

Entry is open to U7 & U8 age groups

A run, jump, throw competition conducted with Australian Athletes to celebrate the Little Athletics Summer season accomplishment.

State Combined Event Championships

Date: Sat 7 Feb & Sun 8 Feb 2026
Venue: WA Athletics Stadium
Uniform: Melville Athletics Club uniform with registration number

This event is open to all athletes in the U12 – U18 age groups following self-nomination. U12 – U14 athletes compete in five events over one day, whilst U15-U18 athletes compete in seven events over two days. Event specifications and program details can be found on the Aths West website

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

U16 competitors who nominate may be considered to represent WA in the Interstate Teams Championship or other events as identified by Athletics West.

State Junior Track & Field Championships

Date: Fri 20 – Sun 22 Feb 2026
Venue: WA Athletics Stadium
Uniform: Melville Athletics Club uniform with registration number

Entry is open to U13-U18.

There is no qualification criteria for members to enter this event.

This event is the qualification for the Australian Athletics Championships to be held in Brisbane in April 2026.

The number of athletes in each event will determine if heats or straight finals are run. Gold, silver and bronze medals are presented to the top 3 placing athletes in all events.

State Senior Track & Field Championships

Date: Fri 6 – Sun 8 Mar 2026
Venue: WA Athletics Stadium
Uniform: Melville Athletics Club uniform with registration number

Entry is open to U20 & Open

There is no qualification criteria for members to enter this event.

This event is the qualification for the Australian Athletics Championships to be held in Brisbane April in 2026.

The number of athletes in each event will determine if heats or straight finals are run. Gold, silver and bronze medals are presented to the top 3 placing athletes in all events.

Little Athletics WA Challenge

Date: Sat 21 & Sun 22 Mar 2026
Venue: WA Athletics Stadium
Uniform: Melville Athletics Club uniform with registration number

Entry is open to U9-U12

Qualification criteria will be advised by Athletics West in due course which will be relayed to members by the Championships & Competitions Manager.

A NEW team challenge that will see athletes progress from their Centre competitions to the Challenge. Held across two days, athletes will compete for points and PB ribbons, with the winning Metro and Country Club awarded the Stuart Dunne Memorial Shield.

Australian Athletics Championships

Date: Mid Apr 2026
Venue: Brisbane, Queensland
Uniform: WA State uniform with name

Entry is open to U13 - U18 & Seniors members.

Athletes must qualify to enter through achieving the entry standard during the Athletics West sanctioned events or the required placing at the State Track & Field Championships competition. See Athletics Australia website for full details.

Heats, semis & finals are run. Gold, silver and bronze medals are presented to the top 3 placing athletes in all even

Australian Little Athletics Championships

Australian Little Athletics Championships features two competitions; the Australian Teams Championships for U14 athletes and the Multi-Event Championships for U16 athletes. The competitions will take place in Brisbane Mid- April 2026.

LAs U14 athletes must nominate to be considered for the state team with selection based on performances from either or both the State Championships or the State Junior Championships.

The top 3 LAs U16 nominated athletes at the State Combined Events Championships will be selected for the State Team.

Winter Competition

Athletes registered for the Little Athletics or Seniors summer athletics seasons are automatically registered for the Winter season and may participate in the Winter meets by registering for each of them, prior to their deadlines, via the Athletics West website. Athletes compete in the Melville Roar singlet and their registrations numbers. Each event is organised and hosted by a Centre in conjunction with Athletics West. Further information can be found on the Athletics West website.

Training

Training is provided for Cross Country Running through the winter season. A training schedule will be provided closer to the time and parents who are avid runners are requested to offer their support.

Cross Country Runs

Competition is held every second Saturday and located at venues spread around the metropolitan area.

Distances are:

- U8 – U9 1000m
- U10 - U11 1500m
- U12 - U13 2000m
- U14 - U18 3000m
- As well as various Senior events

Road Walks

Competition is held on alternate Saturday to cross country runs in various locations. Races are held over 1000m for U10, 1500m for U11-U12 and 2000m for U13 to U18. Races are held in at various locations around the metropolitan area.

Winter 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.

Club Awards and Criteria

Colour Standards

The Club strongly encourages striving for personal achievement through the colour standards system. Each athlete has the opportunity to attain either a green, red or blue standard according to their achievement in each event. The colour standards are updated every year and based on the Centre Record for each event at the end of the prior season.

A standard of the corresponding colour can be achieved through the accumulation of a specific number of events as highlighted in the tables at the end of this book. For example, U8 Boys need 4 events in the green level to achieve green standard, 5 events in the red level to obtain a red standard, and 6 events in the blue level to obtain a blue standard.

Club Championships

The final two weeks of normal competition are reserved for the Melville Club Championships. In each age group for each event, the first three place getters will be awarded a medal. In addition, U7 to U13 athletes who achieve a Personal Best during the championships will receive a PB ribbon.

Participation Medals

U7, U8, U9 athletes who have participated for more than half the season will be presented with a participation medal at the end of year presentations. Athletes across all age groups who complete 100% of events will also be recognised.

Age Group Champions

Age Group Champions and Runner-Up are awarded each season based on accumulated points. Points are awarded for each event the athlete participates in during the Club competition, excluding Championship weeks. These points are not visible to competitors.

Perpetual Centre Awards

Nominations for Club Awards are voted on by the Executive Committee. Nominations are to be presented to the Executive Committee before the Christmas break 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.

Club Sportsmanship Award: The Sportsmanship award is presented to an U16, U17 or U18 athlete who, in the opinion of the Executive Committee, best complies with the criteria for the Athletics West 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 Club may nominate a maximum of one boy and one girl for this award.

Volunteer Award: The nominee must have demonstrated the desire to foster the aims of Melville Little Athletics Club and have a level of commitment well in excess of that expected of a Club volunteer.

Athlete Service Awards

Melville presents service awards to athletes that have completed 5 years, 8 years and 11 years of service at the Club. This award is presented in the season it is achieved.

An 8 years athlete service award is presented by Athletics West and awarded at the State Championships.

Volunteer Service Awards

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

- Service Awards-Officials: 3, 6, 10 and 20 years awards
- Centre Official, Administrator and Coach of the year award
- Honour, Merit and Distinguished Merit Awards
- Life Membership

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

Please note Winter Awards will not be presented in years when the Winter Manager position is vacant.

Club Captains

The Executive Committee shall seek nominations from all interested athletes at the completion of their U17 year. From this the Committee shall appoint two Club Captains for the following season to be the Club representatives as required. The appointment of Club Captains shall be announced at the first competition of the season.

Season Awards 2024-2025

Champion Club

2018/19	Palmyra/Bicton	2019/20	Leeming
2020/21	Palmyra/Bicton	2021/22	Olympia
2022/23	Olympia	2023/24	Olympia
2024/25	Leeming		

Open Champion Club

2018/19	Olympia	2019/20	Olympia
2020/21	Olympia	2021/22	Olympia
2022/23	Olympia	2023/24	Brentwood
2024/25	Brentwood		

Centre Sportsman Award

2019/20	Taya Mascarenhas	OL	U15
2020/21	Caitlin Hodgkinson	BW	U17
2021/22	Olivia Sanderson	PB	U16
2022/23	Ava Nadin	PB	U15
2023/24	Zeva Smith	PB	U15
2024/25	Lachlan Angelatos	BW	U17

Independent Little Athlete of the Year Nomination

2019/20	Jack Watters	PB
2020/21	Nick Davidson	OL
2021/22	Kaelan Adams	OL
	Xavier Bernard	PB
2022/23	Lachlan Angelatos	BW
	Saumia Panchalingham	LM
2023/24	Bailey Riemann	PB
	Choe Dartnall	OL

MB Bassett Award for most Personal Best Performances

2019/20	Alexandra Pike	BW	34 season PBs
	Matilda Willis	PB	34 season PBs
2020/21	Alexandra Pike	BW	34 season PBs
2021/22	Olivia Sanderson	PB	31 season PBs
2022/23	John McIlroy	OL	37 season PBs
2023/24	Lachlan Breedon	BW	29 season PBs
2024/25	Kimberly Kay	BW	34 season PBs

Tom Wilson Award

2016/17	Camryn Tidy	OL	2017/18	Cheryl Lim	PB
2018/19	Charlotte George	BW	2019/20	Emily Barlow	OL
2020/21	Otis Coad	PB	2021/22	Salah Salim	PB
2022/23	Logan Cadd	BW	2023/24	Isabella Stott	BW
2024/25	James Stibbs	BW			

Age Group Champions and Runner Ups 2024-2025

Girl		Club	Age	Boy		Club
Champion	Ellora Varun	BW	6	Champion	Loui Hawchar	LM
Runner-up	Lola Howard	BW	6	Runner-up	Apollo Gauci	BW
Champion	Sage Hall	OL	7	Champion	Tex Masten	PB
Runner-up	Grace Noronha-Neville	BW	7	Runner-up	Nate Wigger	PB
Champion	Amie Gerard	BW	8	Champion	Koa Paniora	OL
Runner-up	Ayla Smith-Carter	BW	8	Runner-up	Henry Cureton	BW
Champion	Vethara Gunasekara	LM	9	Champion	Hugo Gauci	BW
Runner-up	Adele Rowe	LM	9	Runner-up	Tibor Meszaros	BW
Champion	Sinead Bernard	PB	10	Champion	Cruz Ogle	LM
Runner-up	Isabella Jolly	BW	10	Runner-up	Zach Erasmus	BW
Champion	Kayley Lassig	OL	11	Champion	Austin Nadin	PB
Runner-up	Emmerson Jones	OL	11	Runner-up	Oakley Arangio	OL
Champion	Chloe Eckermann	OL	12	Champion	Wesley Kay	BW
Runner-up	Elizabeth Wong	BW	12	Runner-up	Liam Palmer	OL
Champion	Kylie Hawke	LM	13	Champion	Makai Holmes	PB
Runner-up	Bailey McCormick	OL	13	Runner-up	Jake Stott	BW
Champion	Ivy Nadin	PB	14	Champion	Taro Naito	BW
Runner-up	Ava Zuideveld	BW	14	Runner-up	Alexis Guisset	OL
Champion	Lolani Hatch	PB	15	Champion	Raphael Dogbe	BW
Runner-up	Heidi Palmer	OL	15	Runner-up	Zackary Bishop	BW
Champion	Bethany Smits	OL	16	Champion	Callum Charsley	LM
Runner-up	Olivia Keady	PB	16	Runner-up	Bailey Riemann	PB
Champion	Alexandra Pike	BW	17	Champion	Lachlan Angelatos	BW
Runner-up	Ava Nadin	PB	17	Runner-up	Mason Fidzewicz	PB

Participation medal - 100 % event completion 2024-2025

		Age	Club	Number of Events
7760	Apollo	Gauci	BW	48
7741	Harry	Pereira	OL	54
7787	Ivy	Arangio	OL	54
8011	Adele	Hohnholt	LM	54
7771	Ellie	Wibisono	BW	54
7868	Ayla	Smith-Carter	BW	54
7984	Adelaide	Tan	LM	72
7758	Hugo	Gauci	BW	72
7819	Lachlan	Breedon	BW	72
8012	Emily	Hohnholt	LM	78
7985	Elliott	Tan	LM	78
7950	Nate	Nichol	LM	84
7897	Lachlan	Angelatos	BW	78

Gold Achievement Award Recipients 2024-2025

		Age	Club
Loui	Hawchar	6	LM
Harrison	Tondut-Newey	6	OL

Service Awards 2024-2025

5 Year

First name	Surname	Club	First name	Surname	Club
Amelia	Anil	LM	Jack	Ginbey	LM
Jaydon	Anthony	LM	James	Groombridge	BW
Oakley	Arangio	OL	Lolani	Hatch	PB
Sinead	Bernard	PB	Kimberly	Kay	BW
Lachlan	Breedon	BW	Kayley	Lassig	OL
Felix	Coad	PB	Cruz	Ogle	LM
Kiani	Cunningham	PB	Heidi	Palmer	OL
Alexander	D'Monte	BW	Liam	Palmer	OL
Indy	Fearnall	BW	Saumia	Panchalingam	LM
Milla	Fearnall	BW	Isabella	Stott	BW
Eden	Fidzewicz	PB	Elizabeth	Wong	BW
Quinn	Flay	PB	Luke	Wong	BW
Roman	Gauci	BW			

8 Year Awards

First name	Surname	Club	First name	Surname	Club
Owen	Charsley	LM	Gabrielle	Pike	BW
Charlene	Lim	PB	Zeva	Smith	PB
Ivy	Nadin	PB	Jake	Stott	BW

Athletics West 11 Year Awards

First name	Surname	Club
Ava	Nadin	PB
Alexandra	Pike	BW

Melville Athlete Life Membership (11 Year Awards)

First name	Surname	Club
Ava	Nadin	PB
Alexandra	Pike	BW

Season Results 2024-2025

Season Best Performances

Achieved at Len Shearer Reserve during the season, including Centre Championships.

R – denotes RECORD

BOYS				GIRLS				
70m				AGE	70m			
Harrison	Tondut-Newey	OL	14.32	6	Ellora	Varun	BW	14.62
Tex	Masten	PB	12.75	7	Stefani	Smith	OL	13.13
Koa	Paniora	OL	12.22	8	Amie	Gerard	BW	12.70
William	Butler	BW	11.44	9	Aaliyah	Jones	OL	11.46
Michael	McKenzie	BW	10.68	10	Sinead	Bernard	PB	11.13
100m				100m				
Loui	Hawchar	LM	20.16	6	Ellora	Varun	BW	21.79
Tex	Masten	PB	17.06R	7	Stefani	Smith	OL	19.24
Nivaan	Ceglar	BW	17.15	8	Amie	Gerard	BW	18.11
Hendrix	Olislaegers	LM	16.18	9	Aaliyah	Jones	OL	16.27
Michael	McKenzie	BW	15.12	10	Sinead	Bernard	PB	15.65
Ryan	Qu	BW	15.01	11	Evi	Olislaegers	LM	14.82
Ruben	Singam	BW	13.91	12	Elizabeth	Wong	BW	14.64
DeShawn	McCarthy	BW	13.18	13	Bailey	McCormick	OL	14.08
Taro	Naito	BW	13.71	14	Ellie	Ross	PB	14.30
Zackary	Bishop	BW	12.82	15	Willow	Marshall	OL	13.56
Bailey	Riemann	PB	12.57	16	Bethany	Smits	OL	13.40
Mason	Fidzewicz	PB	12.62	17	Saumia	Panchalingam	LM	14.15
Angus	Clearwater	MEL	11.65R	18	Amanda	Taylor	MEL	17.40R
200m				200m				
Harrison	Tondut-Newey	OL	44.16	6	Stevie	Masten	PB	46.89
Tex	Masten	PB	37.75	7	Stefani	Smith	OL	40.89
Nivaan	Ceglar	BW	37.44	8	Amie	Gerard	BW	39.15
Hendrix	Olislaegers	LM	33.12	9	Aaliyah	Jones	OL	33.94
Haran	Sujivan	BW	31.03	10	Sinead	Bernard	PB	34.78
Oakley	Arangio	OL	31.14	11	Emmerson	Jones	OL	31.74
Liam	Palmer	OL	28.18	12	Elizabeth	Wong	BW	30.96
DeShawn	McCarthy	BW	27.45	13	Lytic	Jorge	BW	29.43
Jaydon	Anthony	LM	27.67	14	Ellie	Ross	PB	29.74
Zackary	Bishop	BW	27.24	15	Willow	Marshall	OL	28.39
Bailey	Riemann	PB	25.29	16	Chiara	Tholet	OL	27.59
Mason	Fidzewicz	PB	25.33	17	Saumia	Panchalingam	LM	29.02
Angus	Clearwater	MEL	24.19R	18	Amanda	Taylor	MEL	37.27R
300m				300m				
Tex	Masten	PB	1:00.79	7	Stefani	Smith	OL	1:09.42
400m				400m				
Hendrix	Olislaegers	LM	1:18.36	9	Aaliyah	Jones	OL	1:16.52
Haran	Sujivan	BW	1:11.32	10	Sinead	Bernard	PB	1:20.01
James	Guo	OL	1:12.77	11	Emmerson	Jones	OL	1:12.44
Ruben	Singam	BW	1:05.79	12	Elizabeth	Wong	BW	1:12.23
DeShawn	McCarthy	BW	1:02.76	13	Bailey	McCormick	OL	1:07.75
Jaydon	Anthony	LM	1:01.40	14	Ellie	Ross	PB	1:09.64

BOYS				GIRLS				
Raphael	Dogbe	BW	1:02.29	15	Heidi	Palmer	OL	1:07.59
Bailey	Riemann	PB	58.33	16	Chiara	Tholet	OL	1:04.89
Mason	Fidzewicz	PB	53.87	17	Saumia	Panchalingam	LM	1:07.89
Angus	Clearwater	MEL	54.14R	18	Amanda	Taylor	MEL	1:31.18R
500m				500m				
Koa	Paniora	OL	1:56.27	8	Amie	Gerard	BW	1:54.24
800m				800m				
Hendrix	Olislaegers	LM	2:59.95	9	Aaliyah	Jones	OL	2:54.06R
Haran	Sujivan	BW	2:52.12	10	Charlotte	Tondut-Newey	OL	3:12.00
Elliott	Tan	LM	2:48.10	11	Emmerson	Jones	OL	2:43.19
Alfie	Gray	PB	2:31.56	12	Emerson	Taylor	OL	2:58.82
Jake	Stott	BW	2:24.73	13	Kylie	Hawke	LM	2:43.48
Jaydon	Anthony	LM	2:18.12	14	Beatrice	Erickson	PB	2:46.55
Raphael	Dogbe	BW	2:22.94	15	Heidi	Palmer	OL	2:38.70
Callum	Charsley	LM	2:33.68	16	Niamh	Jones	OL	2:36.39
Mason	Fidzewicz	PB	2:07.51	17	Sarah	Heyden	LM	2:26.30R
Kieran	Aziz	MEL	2:11.97R	18				
1500m				1500m				
Elliott	Tan	LM	5:41.94	11	Emmerson	Jones	OL	5:36.12
Alfie	Gray	PB	5:07.87	12	Emerson	Taylor	OL	6:19.82
Jake	Stott	BW	4:58.28	13	Kylie	Hawke	LM	5:36.17
Jaydon	Anthony	LM	4:54.81	14	Lily	Reeves	BW	6:06.27
Raphael	Dogbe	BW	4:58.19	15	Heidi	Palmer	OL	5:37.29
Callum	Charsley	LM	5:37.33	16	Niamh	Jones	OL	5:24.08
Lachlan	Angelatos	BW	4:29.10	17	Sarah	Heyden	LM	5:08.37R
Angus	Clearwater	MEL	4:37.78R	18	Sandra	Smith	MEL	7:56.49R
60m Hurdles				60m Hurdles				
Loui	Hawchar	LM	12.29R	6	Stevie	Masten	PB	14.17
Tex	Masten	PB	10.78R	7	Sage	Hall	OL	13.05
Koa	Paniora	OL	11.60	8	Amie	Gerard	BW	13.21
William	Butler	BW	11.37	9	Siobhan	McCarthy	BW	11.95
Haran	Sujivan	BW	11.61	10	Isabella	Jolly	BW	12.81
80m Hurdles				80m Hurdles				
Ryan	Qu	BW	15.17	11	Kayley	Lassig	OL	15.98
Liam	Palmer	OL	13.67	12	Elizabeth	Wong	BW	14.74
DeShawn	McCarthy	BW	13.38	13	Riya	Krishnan	BW	15.56
				14	Kimberly	Kay	BW	16.11
90m Hurdles				90m Hurdles				
Taro	Naito	BW	16.93	14				
				15	Willow	Marshall	OL	16.17
100m Hurdles				100m Hurdles				
Raphael	Dogbe	BW	16.20	15				
				16	Bethany	Smits	OL	17.74R
				17	Alexandra	Pike	BW	21.50
110m Hurdles								
				16				
Ryder	White	OL	16.14	17				
Angus	Clearwater	MEL	14.59R	18				

200m Hurdles					200m Hurdles				
DeShawn	McCarthy	BW	30.30	13	Bailey	McCormick	OL	32.92	
Alexis	Guisset	OL	36.69	14	Beatrice	Erickson	PB	35.62	
300m Hurdles					300m Hurdles				
Raphael	Dogbe	BW	47.01	15	Willow	Marshall	OL	54.35	
Bailey	Riemann	PB	59.42	16	Bethany	Smits	OL	51.15	
Mason	Fidzewicz	PB	43.01	17	Sarah	Heyden	LM	57.01	
Angus	Clearwater	MEL	40.88R	18					
700m Walk					700m Walk				
Tibor	Meszaros	BW	5:15.65	9	Mia	Lujan Rocha	BW	4:49.98	
1100m Walk					1100m Walk				
Adler	Jahn	OL	7:33.54	10	Sinead	Bernard	PB	7:59.20	
Elliott	Tan	LM	7:25.08	11	Emmerson	Jones	OL	7:43.07	
1500m Walk					1500m Walk				
Louis	Lau	BW	10:11.85	12	Zahlia	McGinn	OL	10:21.97	
Nate	Nichol	LM	9:12.71	13	Zakari	Hart	LM	10:51.57	
High Jump					High Jump				
William	Butler	BW	1.00	9	Adele	Rowe	LM	1.15	
Michael	McKenzie	BW	1.20	10	Sinead	Bernard	PB	1.14	
Austin	Nadin	PB	1.28	11	Kayley	Lassig	OL	1.18	
Wesley	Kay	BW	1.50	12	Elizabeth	Wong	BW	1.30	
Chase	McGrath	LM	1.42	13	Milla	Fearnall	BW	1.41	
Owen	Charsley	LM	1.41	14	Ivy	Nadin	PB	1.39	
Zackary	Bishop	BW	1.50	15	Olivia	Stott	BW	1.45	
				16	Zeva	Smith	PB	1.45	
Ryder	White	OL	1.80	17					
Chad	Aziz	MEL	1.85R	18					
Long Jump					Long Jump				
Harrison	Tondut-Newey	OL	2.61	6	Ellora	Varun	BW	2.30	
Tex	Masten	PB	3.21	7	Sage	Hall	OL	2.87	
Henry	Cureton	BW	3.49	8	Amie	Gerard	BW	3.19	
Cody	Lang	PB	3.72	9	Vethara	Gunasekara	LM	3.73	
James	Gibberd	OL	3.97	10	Fernanda	Perez Clark	OL	3.69	
Austin	Nadin	PB	4.20	11	Kayley	Lassig	OL	4.25	
Liam	Palmer	OL	4.66	12	Elizabeth	Wong	BW	4.60	
Micah	Bastian	OL	4.80	13	Bailey	McCormick	OL	4.37	
Taro	Naito	BW	4.77	14	Ivy	Nadin	PB	4.52	
Zackary	Bishop	BW	5.62	15	Willow	Marshall	OL	4.55	
Bailey	Riemann	PB	4.93	16	Olivia	Keady	PB	4.69	
Mason	Fidzewicz	PB	6.10	17	Saumia	Panchalingam	LM	4.16	
Angus	Clearwater	MEL	6.34R	18					
Triple Jump					Triple Jump				
James	Guo	OL	8.58	11	Kayley	Lassig	OL	8.10	
Liam	Palmer	OL	9.92	12	Elizabeth	Wong	BW	8.89	
DeShawn	McCarthy	BW	10.31	13	Abbey	Brolsma	PB	9.08	
Taro	Naito	BW	9.53	14	Ellie	Ross	PB	9.88	
Zackary	Bishop	BW	10.77	15	Willow	Marshall	OL	9.37	
Callum	Charsley	LM	9.40	16	Bethany	Smits	OL	10.23	
Mason	Fidzewicz	PB	12.29	17	Ava	Nadin	PB	8.60	
Chad	Aziz	MEL	12.48R	18					

Vortex/Turbo/Javelin					Vortex/Turbo/Javelin				
Harrison	Tondut-Newey	OL	14.50	6	Ellora	Varun	BW	8.64	
Tex	Masten	PB	18.28	7	Sage	Hall	OL	18.24R	
Muhammad	Noor	OL	12.88	8	Amie	Gerard	BW	12.96	
Abyaan	Gauci	BW	15.40	9	Mia	Lujan Rocha	BW	16.75	
Hugo	Ogle	LM	25.45	10	Fernanda	Perez Clark	OL	16.95	
Cruz	Mcilroy	OL	21.68	11	Phillipa	Cox	OL	22.70	
John	Ogle	LM	37.40	12	Chloe	Eckermann	OL	24.29	
Kaden	Stott	BW	20.45	13	Paige	Granato	BW	21.84	
Jake	Charsley	LM	18.75	14	Billie	Woods-Smith	OL	22.78	
Owen	Dogbe	BW	25.52	15	Emily	Johnstone	OL	34.78	
Raphael	Charsley	LM	22.03	16	Olivia	Keady	PB	24.04	
Callum	White	OL	30.60	17	Ava	Nadin	PB	19.64	
Ryder	Clearwater	MEL	41.99R	18	Anita	Christian	MEL	20.72	
Discus					Discus				
Harrison	Tondut-Newey	OL	11.36	6	Ellora	Varun	BW	6.74	
Nate	Wigger	PB	14.38	7	Bree	Clearwater	BW	9.81	
Koa	Paniora	OL	15.02	8	Amie	Gerard	BW	13.80	
Hugo	Gauci	BW	15.78	9	Siobhan	McCarthy	BW	15.35	
Cruz	Ogle	LM	24.55	10	Isabella	Jolly	BW	18.39	
John	Mcilroy	OL	21.74	11	Phillipa	Cox	OL	31.55R	
Kaden	Ogle	LM	32.72	12	Chloe	Eckermann	OL	16.66	
Jake	Stott	BW	21.36	13	Mia	Cronin	BW	19.79	
Owen	Charsley	LM	18.84	14	Kimberly	Kay	BW	16.87	
Griffin	Angelatos	BW	27.98	15	Emily	Johnstone	OL	27.65	
Bailey	Riemann	PB	21.39	16	Bethany	Smits	OL	21.56	
Ryder	White	OL	24.09	17	Ava	Nadin	PB	18.46	
Chad	Aziz	MEL	34.50R	18	Amanda	Taylor	MEL	22.32	
Shot Put					Shot Put				
Leo	Puglisi	OL	3.92	6	Lola	Howard	BW	3.09	
Tex	Masten	PB	5.95R	7	Bree	Clearwater	BW	4.27	
Muhammad	Noor	OL	5.45	8	Ayla	Smith-Carter	BW	5.35	
Abyaan	Clearwater	BW	5.46	9	Siobhan	McCarthy	BW	5.45	
Eli	Ogle	LM	7.38	10	Charlotte	Tondut-Newey	OL	5.95	
Cruz	Mcilroy	OL	9.25	11	Phillipa	Cox	OL	9.29	
John	Ogle	LM	12.41R	12	Amelie	Smits	OL	8.53	
Kaden	Norman	OL	7.56	13	Paige	Granato	BW	6.68	
Oliver	Charsley	LM	8.10	14	Gabrielle	Pike	BW	7.96	
Owen	Bishop	BW	8.30	15	Emily	Johnstone	OL	9.17	
Zackary	Charsley	LM	7.86	16	Zeva	Smith	PB	9.59	
Callum	White	OL	10.89	17	Alexandra	Pike	BW	8.46	
Ryder	Galvin	MEL	12.55R	18	Anita	Christian	MEL	9.21R	
Tim									

State Combined Events Championships 2024/25

In February 2025 14 Melville Roar athletes represented the Centre or Senior Club in the Combined Events Championships.

Name	Age	Place	Points
LITTLE ATHLETICS			
Kayley Lassig	11G	BRONZE	1037
Liam Palmer	12B	4 th	1349
SENIORS			
Raphael Dogbe	16M	BRONZE	2958

State Relay Championships Results 2024/25

State Track Relay Championships Results

BOYS		GIRLS	
4 x 100m		4 x 100m	
U9	5th	U9	5th
U10	8th	U10	9th
U11	7th	U11	4th
U12	GOLD	U12	14th
U13	4th	U13	BRONZE
U14	8th	U14	5th
U15	GOLD	U15	6th
U16/17	4th	U16/17	BRONZE
Swedish		Swedish	
U9	5th	U9	SILVER
U10	7th	U10	6th
U11	8th	U11	4th
U12	SILVER	U12	15th
U13	BRONZE	U13	SILVER
U14	7th	U14	6th
U15	SILVER	U15	6th
U16/17	BRONZE	U16/17	GOLD

State Field Relay Championships Results

BOYS		GIRLS	
	Result		Result
U9	11th	U9	SILVER
U10	9th	U10	9th
U11	10th	U11	7th
U12	6th	U12	BRONZE
U13	15th	U13	DNF
U14	-	U14	9th
U15	-	U15	9th
U16/17	-	U16/17	DNF

Zones Championships 2024/2025

Age	Athlete		Event	Age	Athlete		Event
GOLD - Boys				GOLD - Girls			
7	Tex	Masten	200m	8	Ayla	Smith-Carter	Discus
7	Tex	Masten	Shot Put	8	Amie	Gerard	Turbo Jav
7	Tex	Masten	70m				
7	Nate	Wigger	60mH				
8	Koa	Paniora	60mH				
SILVER – Boys				SILVER - Girls			
7	Tex	Masten	100m	8	Ayla	Smith-Carter	Shot Put
8	Koa	Paniora	Discus	8	Amie	Gerard	Discus
BRONZE – Boys				BRONZE – Girls			
7	Nate	Wigger	100m				
7	Nate	Wigger	70m				
7	Rui-Zhe	Lim	Shot Put				

State Junior Track & Field Championships 2024/2025

Age	Athlete		Event	Age	Athlete		Event
GOLD - Boys				GOLD - Girls			
12	Kaden	Ogle	Javelin	9	Siobhan	McCarthy	Shot Put
12	Liam	Palmer	80mH	13	Milla	Fearnall	High Jump
13	Makai	Holmes	1500m				
13	DeShawn	McCarthy	80mH				
13	DeShawn	McCarthy	200mH				
SILVER – Boys				SILVER - Girls			
12	Kaden	Ogle	Discus	9	Adele	Rowe	Javelin
12	Kaden	Ogle	Shot Put	11	Phillipa	Cox	Shot Put
13	Makai	Holmes	800m	12	Wong	Elizabeth	Long Jump
13	DeShawn	McCarthy	100m	12	Wong	Elizabeth	80mH
BRONZE – Boys				BRONZE – Girls			
12	Alfie	Gray	1500m	9	Aaliyah	Jones	200m
12	Wesley	Kay	High Jump	9	Aaliyah	Jones	400m
12	Liam	Palmer	Triple Jump	9	Mia	LujanRocha	Javelin
				11	Phillipa	Cox	Discus
				11	Emmerson	Jones	800m
				11	Emmerson	Jones	1500m
				12	Zahlia	McGinn	High Jump

State Track & Field Championships 2024/2025*

Age	Athlete		Event	Age	Athlete		Event
GOLD - Boys				GOLD - Girls			
12/13	Kaden	Ogle	Javelin	20	Emma	Kempson	Discus
12/13	Kaden	Ogle	Shot Put	Open	Caitlin	Blackman	Triple Jump
13/14	Deshawn	McCarthy	90mH	Open	Mackenzie	Liddelow	Long Jump
14/15	Bless	Jo	200m				
SILVER – Boys				SILVER - Girls			
12/13	Alfie	Gray	1500m	17/18	Saumia	Panchalingam	400m
12/13	Kaden	Ogle	Discus	20	Tahlia	Kitson	Discus
13/14	Makai	Holmes	1500m	Open	Caitlin	Blackman	Long Jump
14/15	Jaydon	Anthony	800m				
15/16	Mitchell	Warrilow	400m				
17/18	Mason	Fidzewicz	800m				
Amb	Raynor	Keane	1500m				
BRONZE – Boys				BRONZE – Girls			
12/13	Liam	Palmer	Triple Jump	15/16	Chelsea	Smith	300mH
12/13	Liam	Palmer	200m				
12/13	Ruben	Singam	100m				
14/15	Bless	Jo	100m				
16/17	Bailey	Riemann	200m				
17/18	Lachlan	Angelatos	800m				
17/18	Callum	Cumming	1500m				
Amb	Raynor	Keane	800m				

* Athletes enter as either a Seniors Member or a Little Athletics Members with an age of 16/15 denoting a Seniors U16 or a Little Athletics U15 member as these are the same aged athlete.

Australian Athletics Championships 2024/2025*

Age	Athlete		Event	Age	Athlete		Event
GOLD - Boys				GOLD - Girls			
14/15	Bless	Jo	400m				
14/15	Bless	Jo	200m				
12/13	Ogle	Kaden	Javelin				
SILVER – Boys				SILVER - Girls			
14/15	Bless	Jo	100m				
BRONZE – Boys				BRONZE – Girls			

* Athletes enter as either a Seniors Member or a Little Athletics Members with an age of 16/15 denoting a Seniors U16 or a Little Athletics U15 member as these are the same aged athlete

2025 Cross Country Short Course Championships

Age	Athlete			Event	Age	Athlete			Event
GOLD – Boys					GOLD - Girls				
SILVER – Boys					SILVER - Girls				
Amb	Raynor	Keane	2000m CC						
BRONZE – Boys					BRONZE - Girls				

2025 State Cross Country Championships

Age				Athlete				Event				Age				Athlete				Event			
GOLD – Boys												GOLD - Girls											
SILVER – Boys												SILVER - Girls											
12		Alfie		Gray		2000m		CC															
Amb		Raynor		Keane		3000m		CC															
BRONZE – Boys												BRONZE - Girls											

As a result of the Winter Manager position being vacant for much of the season MAC Winter Awards were not distributed this season.

Club Records

Records achieved in a competition at Melville Little Athletics Centre by a Melville athlete.

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) where manual records still exist.
2. Only records for current events are shown.
3. Records broken in 2024/25 are bold.
4. From 2025/26 Season age alignment changed to be birth age at December 31st on the year the season is completed. This is in line with Athletics Australia. Due to this change, the below age groups have been updated to the new age groups but the historical records remain the same. For example previous U6 record is now listed below as the U7 record and so on.

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
KD	Kardinya	PB	Palmyra/Bicton	BTM	Bateman

BOYS					GIRLS			
Age	Year	Name	Club	Result	Year	Name	Club	Result
70m					70m			
U7	2024	T Masten	PB	13.30(e)	2017	M Hall	OL	13.87(e)
					2021	J Sepi-Ulukita	PB	13.87(e)
U8	2007	C Reeves	PB	12.12(e)	2009	H Sullivan	LM	12.25(e)
U9	1981	N Mansfield	MW	10.6	1992	J Hofsink	AT	11.2
U10	2007	L McDermott	PB	10.32(e)	1982	D Evans	OL	10.7
U11	1987	G Meadowcroft	OL	9.90	1992	A Harding	BB	10.10
100m					100m			
U7	2019	E Hiemstra	PB	18.88(e)	2022	A Jones	OL	19.17(e)
U8	2024	T Masten	PB	17.06(e)	2012	M Kenny	PB	17.47(e)
U9	1972	M Bradley	RM	14.8	1971	J Richmond	AT	15.9
					1974	C Smith	PB	15.9
U10	1972	K Atkinson	CW	14.1	1975	C Smith	PB	14.6
U11	1971	S Kinniment	BW	13.0	1992	A Harding	BB	14.3
U12	1972	R McKinnon	MW	13.1	2013	N Darwin	BB	13.96(e)
U13	1978	F Martin	PB	12.5	1975	M Fowler	MW	12.9
U14	2013	J Gallagher	OL	12.03(e)	1976	M Sands	ARD	12.6
U15	2014	J Gallagher	OL	11.49(e)	1998	S Oksuz	BW	12.6
U16	2013	L McDermott	PB	11.47(e)	1999	S Oksuz	BW	12.5
U17	2001	M Dawson	BB	11.3	2016	I Reeves	PB	12.86(e)
U18	2021	Jack Watters	PB	11.35(e)	2017	I Reeves	PB	12.73(e)
Open	2024	A Clearwater	MAC	11.65(e)	2024	A Taylor	MAC	17.4(e)

200m					200m			
U7	2021	L Hunt	BW	41.98(e)	2021	S Quainton	LM	42.47(e)
U8	1988	N Hebbard	LM	35.6	1991	J Hofsink	AT	35.6
U9	1985	G Meadowcroft	OL	31.4	2014	M Kenny	PB	33.40(e)
U10	1996	A Minchin	LM	30.8	1977	M Eldrid	MW	31.5
U11	1977	F Martin	PB	28.6	1977	M Ashley	LYN	29.7
U12	1977	F Martin	PB	26.5	1974	M Fowler	MW	28.4
U13	1979	F Martin	PB	25.3	1975	M Fowler	MW	27.3
U14	2013	J Gallagher	OL	24.34(e)	1975	M Fowler	MW	26.5
U15	2013	N George	LM	24.48(e)	2008	B Pires-Parenzee	PB	26.09(e)
U16	2013	L McDermott	PB	23.74(e)	1999	B Wood	OL	25.3
U17	1999	C Troode	BB	23.5	2005	E Longo	OL	26.3
	2021	Jack Watters	PB	23.62(e)				
U18	2021	Jack Watters	PB	23.61(e)	2017	K Speechley	LM	26.13(e)
Open	2024	A Clearwater	MAC	22.19(e)	2024	A Taylor	MAC	37.27(e)
300m					300m			
U8	2017	O Charsley	LM	58.61	2022	J Sepi-Ulukita	PB	59.92
400m					400m			
U10	1972	K Atkinson	CW	1:09.3	1971	L Quail	LYN	1:13.0
U11	1975	D Wright	MP	1:05.7	1982	M Miragliotta	PB	1:08.7
U12	1977	F Martin	PB	1:02.3	1974	M Fowler	MW	1:04.9
U13	2011	N George	LM	59.16(e)	1975	M Fowler	MW	1:00.4
U14	2013	N George	LM	54.56(e)	1975	M Fowler	MW	1:00.4
U15	2014	N George	LM	53.06(e)	2002	R Francisco	OL	0:59.1
U16	1991	John Watters	PB	52.8	2012	M Hollick	OL	0:58.6(e)
U17	1999	C Troode	BB	50.9	2015	K Speechley	LM	1:01.10(e)
U18	2016	N George	LM	52.63(e)	2015	Z O'Meara	BB	1:01.36(e)
Open	2024	A Clearwater	MAC	54.24(e)	2024	A Taylor	MAC	1:31.18(e)
500m					500m			
U9	1981	N Mansfield	MEL	1:37.3	2023	A Jones	OL	1:45.23
800m					800m			
U10	1994	K Taylor	OL	2:40.6	2025	A Jones	OL	2:50.57(e)
U11	2021	J Anthony	LM	2:35.18(e)	2016	M Kenny	PB	2:41.11(e)
U12	1974	S Francis	MP	2:25.7	1974	M Fowler	MW	2:33.7
	1975	K Davies	RM	2:19.6	2016	C Kenny	PB	2:27.83(e)
U13	1975	S Francis	MP	2:19.6				
U14	2012	N George	LM	2:13.41(e)	2016	K van der Linden	PB	2:17.41(e)
U15	2016	L Shaw	BW	2:09.80(e)	2018	K van der Linden	PB	2:16.12(e)
U16	1990	S Hair	KD	2:06.8	2004	M Hollick	OL	2:21.6
U17	2011	A Tharle	OL	2:04.15(e)	2006	M Hollick	OL	2:25.8(e)
U18	2013	T Kenworthy-Groen	BB	2:03.43(e)	2025	S Heyden	LM	2:25.97(e)
Open	2024	K. Aziz	MAC	2:11.97(e)	2024	A Taylor	MAC	3:51.64(e)

1500m					1500m				
U12	1974	S Francis	MP	5:00.7	2014	C Kenny	PB	5:21.74	
	1975	K Davies	RM	4:43.3	2016	C Kenny	PB	5:11.27	
U13	1975	S Francis	MP	4:43.3					
U14	1976	K Davies	RM	4:38.5	2016	K van der Linden	PB	4:54.34	
U15	2015	L Shaw	BW	4:25.29(e)	2017	K van der Linden	PB	4:51.37	
U16	1997	B Johnson	OL	4:30.9	2004	M Hollick	OL	4:54.5	
U17	2020	D Bailey	BW	4:19.89(e)	2005	M Hollick	OL	5:06.5	
U18	2021	D Bailey	BW	4:25.16(e)	2025	S Heyden	LM	4:57.44(e)	
Open	2024	A Clearwater	MAC	4:37.78(e)	2025	S Smith	MEL	7:56.49(e)	
60m Mini Hurdles					60m Mini Hurdles				
U7	2024	L Hawchar	LM	12.29(e)	2017	M Hall	OL	13.37	
U8	2024	T Masten	PB	10.78(e)	2022	S Quainton	LM	11.76	
60m Hurdles					60m Hurdles				
U9	2011	C Bourne	BW	11.38(e)	2009	I Reeves	PB	11.74(e)	
U10	2012	T Field	LM	10.69(e)	1991	A Harding	BB	10.7	
U11	2008	L McDermott	PB	10.99(e)	2017	M Tidy	OL	11.16(e)	
80m Hurdles					80m Hurdles				
U12	2019	D Dawson	LM	12.89(e)	2022	B Richardson	OL	15.31(e)	
U13	2024	D McCarthy	BW	13.47(e)	2023	A Broisma	PB	14.38(e)	
U14	1997	B Jewell	PB	12.3	2010	C Gibson	PB	13.20(e)	
U15					2014	I Reeves	PB	13.08(e)	
90m Hurdles					90m Hurdles				
U15	1999	C Jovanovic	PB	12.8					
U16					2015	I Reeves	PB	13.79(e)	
100m Hurdles					100m Hurdles				
U16	2019	Jack Waters	PB	13.10					
U17					2025	B Smits	OL	17.67(e)	
U18					2014	A Reid	PB	15.83	
110m Hurdles									
U17	2023	C Schirmer	PB	16.84					
U18	2021	Jack Watters	PB	14.66					
Open	2024	A Clearwater	MAC	14.59(e)					
200m Hurdles					200m Hurdles				
U14	2015	S Rajakovic	BW	27.53(e)	2002	M Hollick	OL	29.3	
U15	2018	Jack Watters	PB	26.98(e)	2003	M Hollick	OL	29.1	
300m Hurdles					300m Hurdles				
U16	2019	Jack Watters	PB	42.23	2022	K Adams	OL	49.39	
U17	2024	A Dewar	OL	42.85	2016	A Cronin	BB	47.77	
U18	2021	Jack Watters	PB	41.30	2018	A Cronin	BB	49.09	
Open	2024	A Clearwater	MAC	41.39	2023	A Taylor	MAC	1:12.64	
700m Walk					700m Walk				
U10	1989	D Schmidberger	LM	3:46.8	1983	H Walsh	BB	3:48.8	
1100m Walk					1100m Walk				
U11	1996	T Hellings	OL	5:34.4	2009	M Johns	PB	5:41.84	
U12	1995	J Klauz	OL	5:44.4	2010	M Johns	PB	5:41.90	

1500m Walk					1500m Walk				
U13	1997	N Avery	BB	7:08.4	2012	M Johns	PB	7:36.07(e)	
U14	1997	N Avery	BB	6:51.1	2008	H Watson	BW	7:12.8(e)	
U15	1999	N Avery	BB	6:47.1	2008	H Watson	BW	6:57:70(e)	
U16	1995	J Gawley	BB	6:28.6	2009	H Watson	BW	7:05.75(e)	
U17	2000	J Klauz	OL	6:22.3	2010	H Watson	BW	7.05.00(e)	
U18	2000	J Klauz	OL	6:42.7	2012	H Watson	BW	7.08.00(e)	
Open	2023	D Fearnall	MAC	12:22.11(e)	2024	A Taylor	MAC	10.26.40(e)	
Long Jump					Long Jump				
U7	2022	C Singleton	LM	2.87	2017	M Hall	OL	2.71	
U8	1996	D Chan	OL	3.36	2014	A Mott	LM	3.17	
U9	1985	G Burns	OL	3.90	2011	H Sullivan	LM	3.64	
U10	2014	L Burns	BB	4.36	2009	Z Walker	PB	3.99	
U11	1987	G Burns	OL	4.51	1993	B Wood	OL	4.41	
U12	1981	M Hamilton	CW	5.16	1972	L Richmond	AT	4.84	
U13	2014	T Field	LM	5.43	2014	S White	PB	5.09	
U14	1980	F Martin	PB	6.26	1996	S Oksuz	BW	5.22	
U15	2016	S Rajakovic	BW	5.94	2014	C Blackman	OL	5.52	
U16	2000	J Surjan	PB	6.28	1999	S Oksuz	BW	5.64	
U17	2014	M Liddelow	PB	6.40	2017	C Blackman	OL	5.56	
U18	2024	C Schirmer	PB	6.68	2018	C Blackman	OL	5.67	
Open	2024	A Clearwater	MAC	6.34					
Triple Jump					Triple Jump				
U11	1984	M Cattalini	OL	9.34	1993	B Wood	OL	8.98	
U12	2013	S Zhoya	LM	9.98	1995	S Oksuz	BW	9.52	
U13	2015	T Field	LM	11.33	2013	C Blackman	BW	10.27	
U14	2014	S Rajakovic	BW	12.69	2014	C Blackman	BW	10.83	
U15	2016	S Rajakovic	BW	13.25	2015	C Blackman	OL	11.11	
U16	1990	S Hair	KD	13.07	2016	C Blackman	OL	11.56	
U17	2014	M Liddelow	PB	13.25	2017	C Blackman	OL	11.58	
U18	2022	X Miller	BW	13.12	2018	C Blackman	OL	12.49	
Open	2025	C Aziz	MAC	12.48					
High Jump					High Jump				
U9	1980	J Edlich	OL	1.11	2016	B Stanes	OL	1.07	
U10	2022	W Kay	LM	1.22	2014	M Kenny	PB	1.15	
U11	2022	W Kay	BW	1.28	1983	K Woodward	KD	1.25	
U12	1977	D Anderson	MW	1.47	1979	G Legge		1.37	
U13	1977	D Anderson	MW	1.60	1983	L Shenstone	BW	1.57	
U14	1978	D Anderson	MW	1.73	2010	N Robinson	PB	1.60	
U15	2014	L Fox	BB	1.76	2010	N Robinson	PB	1.62	
U16	2014	L Fox	BB	1.85	2011	N Robinson	PB	1.62	
U17	2023	C Schirmer	PB	1.93	1999	S Blackney	BB	1.60	
U18	2023	C Schirmer	PB	1.90	2015	L Lowrey	BW	1.51	
Open	2024	C Aziz	MAC	1.85					

Vortex					Vortex			
U7	2022	C Singleton	LM	20.96	2024	A Ryan	BW	13.62
U8	2020	K Ogle	LM	26.52	2025	S Hall	OL	18.24
Turbo Javelin					Turbo Javelin			
U9	2021	K Ogle	LM	21.48	2004	A Robinson	LM	18.24
U10	2022	K Ogle	LM	28.57	2005	A Robinson	LM	21.63
U11	2022	K Ogle	LM	33.60	2017	P Brindle	OL	23.36
Javelin 400g					Javelin 400g			
U12	1980	A Foley	BB	42.78	2007	A Robinson	LM	29.29
U13	1980	A Foley	BB	44.96	2008	A Robinson	PB	34.79
Javelin 600g					Javelin 400g			
U14	1981	R Giroud	MW	45.06	2020	E Kempson	LM	41.40
Javelin 700g					Javelin 500g			
U15	2024	J Goddard	OL	30.18	2024	E Johnstone	OL	32.16
U16	1999	C Jovanovic	PB	56.70	2022	E Kempson	LM	41.28
U17	2010	M Craggs	BB	51.24	2016	I Taylor	PB	39.07
U18	2002	A Hofstee	CW	52.00	2013	A Robinson	PB	36.04
Open	2024	A Clearwater	MAC	41.99	2024	A Christian	MAC	21.50
Shot Put 1.0kg					Shot Put 1.0kg			
U7	2022	C Singleton	LM	4.66	2022	S McCarthy	BW	4.77
U8	2024	T Masten	PB	5.95	2022	M Lujan Rocha	BW	4.73
Shot Put 1.5kg					Shot Put 1.5kg			
U9	1989	N Hebbard	LM	8.29	2004	A Robinson	LM	6.69
Shot Put 2kg					Shot Put 2kg			
U10	1989	N Hebbard	LM	8.81	2016	Ava Watters	PB	7.43
U11	1973	S Fazey	OL	10.18	1989	A Christian	PB	8.84
U12	2023	K Ogle	LM	11.44	2012	J Patterson	OL	9.55
U13	2024	K Ogle	LM	12.41	2020	L Bussell	BW	12.14
Shot Put 3kg					Shot Put 3kg			
U14	1982	R Giroud	MW	14.64	2020	E Kempson	LM	11.74
U15					1992	B Payze	PB	12.81
U16					1993	B Payze	PB	13.57
U17					2015	I Taylor	PB	12.84
U18					2023	Ava Watters	PB	12.72
Open					2025	A Christian	MAC	9.21
Shot Put 4kg					Shot Put 4kg			
U15	1985	R Vogl	MT	13.63				
U16	2002	T Grabe	OL	15.99				
Shot Put 5kg								
U17	2022	C Schirmer	PB	11.67				
U18	2000	S Leighton	CW	13.23				
Open	2025	T Galvin	MAC	12.55				
Discus 350g					Discus 350g			
U7	2018	K Ogle	LM	13.47	2022	S McCarthy	BW	11.36
U8	2001	M O'Brien	BTM	19.79	1993	S Dunnet	PB	15.09

Discus 500g					Discus 500g			
U9	1992	A Prince	PB	24.70	1994	S Dunnet	PB	19.72
U10	1989	N Hebbard	LM	29.73	1988	A Christian	PB	22.86
U11	2023	K Ogle	LM	34.75	2024	P Cox	OL	27.83
U12	2023	K Ogle	LM	41.10	2024	P Cox	OL	31.55
Discus 750g					Discus 750g			
U13	1981	A Foley	BB	40.04	1995	L Smith	OL	32.74
U14	1982	R Giroud	MW	45.50	1991	B Payze	PB	37.42
Discus 1kg					Discus 1kg			
U15	2000	D Prigmore	PB	51.18	1992	B Payze	PB	37.80
U16	1991	A Casey	PB	47.10	1992	B Payze	PB	38.89
U17					2003	L Smith	LM	40.55
U18					2009	S Fenwick	OL	38.03
Open					2024	A Taylor	MAC	22.63
Discus 1.5kg								
U17	2004	M Malone	OL	46.66				
U18	2022	X Miller	BW	40.86				
Open	2025	C Aziz	MAC	34.50				

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	

Open records are recognised where a registered Melville Little Athletics Centre athlete can provide proof of a better performance in any event, at any authorised AW State Championship, Little Athletics Australia National Competition, or Athletics Australia National Competition. The onus of responsibility rests with the athlete or parent contacting the Centre Executive by 30 June of each year to be included in the subsequent season's handbook.

From 2025/26 Season age alignment changed to be birth age at December 31st on the year the season is completed. This is in line with Athletics Australia. Due to this change, the below age groups have been updated to the new age groups but the historical records remain the same. For example previous U6 record is now listed below as the U7 record and so on.

BOYS					GIRLS				
Age	Year	Name	Club	Result	Year	Name	Club	Result	
70m					70m				
U7	2024	T Masten	PB	13.30(e)	2017	M Hall	OL	13.87(e)	
U8	2011	J Cleaver	BW	11.64	2014	A Mott	LM	11.99	
	1986	G Meadowcroft	OL	10.40	1981	D Evans	OL	11.00	
U9					1997	K Elliss	PB	11.00	
U10	2007	L McDermott	PB	9.70	1977	M Eldrid	MW	10.1	
U11	1986	S Hair	KD	9.80	1982	L Quick	BB	10.00	
100m					100m				
U7	2019	E Hiemstra	PB	18.88(e)	2022	A Jones	OL	19.17(e)	
U8	1988	N Hebbard	LM	16.60	2014	A Mott	LM	17.09	
U9	1986	G Meadowcroft	OL	14.50	1991	A Harding	BB	15.70	
U10	1987	G Meadowcroft	OL	13.90	1975	C Smith	PB	14.60	
U11	1971	S Kinniment	BW	13.00	2010	Z Walker	PB	13.98	
U12	1978	F Martin	PB	12.90	2013	N Darwin	BB	13.16	
U13	1979	F Martin	PB	12.40	2011	G Boxley	PB	12.50	
U14	2015	S Rajakovic	BW	11.22	2012	G Boxley	PB	12.49	
U15	2014	J Gallagher	OL	11.09	2013	G Boxley	PB	11.99	
U16	2013	L McDermott	PB	10.89	2016	I Reeves	PB	12.25	
U17	2002	M Dawson	PB	10.90	2017	I O'Meara	BB	12.24(e)	
U18	2022	Jack Watters	PB	11.09	2010	R O'Kane	BB	12.53	
200m					200m				
U7	2021	L Hunt	BW	41.98(e)	2021	S Quainton	LM	42.47(e)	
U8	1988	N Hebbard	LM	35.6	1991	J Hofsink	AT	35.6	
U9	1986	G Meadowcroft	OL	31.0	1992	A Chequer	BW	32.9	
U10	1987	G Meadowcroft	OL	29.4	1992	A Harding	BB	30.4	
U11	1973	K Atkinson	CW	28.0	2000	M Hollick	OL	29.2	

U12	1978	F Martin	PB	26.3	2001	M Hollick	OL	27.2	
	2013	S Zhoya	LM	26.3					
U13	1979	F Martin	PB	24.7	2002	M Hollick	OL	26.6	
U14	1980	F Martin	PB	23.6	2015	J Bain	PB	25.47	
U15	2014	J Gallagher	OL	22.6	1990	L Miller	MW	25.2	
U16	2013	L McDermott	PB	22.52	2015	K Speechley	LM	24.86	
U17	1998	C Troode	BB	23.1	2017	I O'Meara	BB	25.38(e)	
U18	2002	M Simon	OL	23.2	2018	I Reeves	PB	25.70	
300m					300m				
U8	2017	O Charsley	LM	58.61	2022	J Sepi-Ulukita	PB	59.92	
400m					400m				
U10	1972	K Atkinson	CW	1:09.3	2025	A Jones	OL	1:11.83e	
U11	1986	John Watters	PB	1:04.4	1982	M Miragliotta	PB	1:05.70	
U12	1978	F Martin	PB	1:00.6	2015	C Kenny	PB	1:02:75	
U13	1979	F Martin	PB	55.0	2016	K van der Linden	PB	59.06	
U14	1980	F Martin	PB	51.9	1995	C Cochrane	MW	59.4	
					2003	M Hollick	OL	59.4	
U15	2014	N George	LM	50.83	2002	M Wheatley	PB	57.8	
U16	2015	N George	LM	51.0	2015	K Speechley	OL	57.48	
U17	2015	L Moore	BB	49.52	2006	E Longo	OL	1:00.1	
U18	2017	N George	LM	49.32	2014	N Clark	LM	59.52	
500m					500m				
U9	1981	N Mansfield	MEL	1:37.3	2024	A Jones	OL	1:42.96	
800m					800m				
U10	1994	K Taylor	OL	2:38.9	2025	A Jones	OL	2:49.46e	
U11	2021	J Anthony	LM	2:28.26	2024	E Jones	OL	2:35.09	
U12	1986	O Dartnall	MP	2:21.9	2023	B Richardson	OL	2:27.98	
U13	2012	N George	LM	2:14.55	2024	B Richardson	OL	2:21.83	
U14	2015	L Shaw	BW	2:06:25	2003	M Hollick	OL	2:15.60	
U15	2016	L Shaw	BW	1:59.01	2017	K van der Linden	PB	2:16.12	
U16	1998	M McNally	BB	2:03.5	2005	M Hollick	OL	2:15.90	
U17	2013	T Kenworthy-Groen	BB	2:02.58	2012	K Audsley	MW	2:21.22	
U18	2014	T Kenworthy-Groen	BB	1:59.29	2013	K Audsley	MW	2:22.01	
1500m					1500m				
U12	1986	O Dartnall	MP	4:47.20	2008	N Clark	LM	5:10.80	
U13	1987	O Dartnall	MP	4:41.10	2016	C Kenny	PB	4:54.92	
U14	2015	L Shaw	BW	4:18:17	2016	K van der Linden	PB	4:54.34	
U15	2016	L Shaw	BW	4:08.83	2000	A Anderson	LM	4:51.10	
U16	2023	L Angelatos	BW	4:16.99	2001	A Anderson	LM	4:48.80	
U17	2014	K Metzner	BB	4:15.93	2012	K Audsley	MW	5:04.55	
U18	2025	L Angelatos	BW	4:11.13	2025	S Heyden	LM	4:57.44	
60m Mini Hurdles					60m Mini Hurdles				
U7	2024	L Hawchar	LM	12.29	2017	M Hall	OL	13.37	
U8	2024	T Masten	PB	10.78	2022	S Quainton	LM	11.76	

60m Hurdles					60m Hurdles			
U9	2012	C Bourne	BW	10.56	2014	M Kenny	PB	11.13
U10	2012	T Field	LM	9.97	1995	T Brown	MW	10.60
U11	1997	M Schrader	LM	10.1	1997	C Douglas	OL	10.30
	2012	S Zhoya	LM	10.1				
U12	2013	S Zhoya	LM	9.13	2001	M Hollick	OL	9.50
U13	2014	S Zhoya	PB	9.10	2014	S White	PB	9.60
80m Hurdles					80m Hurdles			
U12	2019	D Dawson	LM	12.89e	2025	K Lassig	OL	14.91e
U13	2024	D McCarthy	BW	12.80e	2021	T Duncan	LM	14.20e
U14	2015	S Zhoya	PB	11.61e	1997	A Chequer	BW	12.60
U15					2015	I Reeves	PB	12.20e
90m Hurdles					90m Hurdles			
U15	2012	L McDermott	PB	12.74				
U16					2014	S Williams	BB	12.99
100m Hurdles					100m Hurdles			
U16	2019	Jack Watters	PB	13.10				
U17					2025	B Smits	OL	17.67
U18					2018	I Reeves	PB	13.77
110m Hurdles								
U17	2023	C Schirmer	PB	16.84				
U18	2011	M Craggs	BB	14.00				
200m Hurdles					200m Hurdles			
U14	2015	S Rajakovic	BW	25.39	2016	M Hebiton	OL	28.61
U15	2016	S Rajakovic	BW	25.22	2015	I Reeves	PB	28.26
300m Hurdles					300m Hurdles			
U16	2019	Jack Watters	PB	42.23	2022	K Adams	OL	46.60
U17	2024	A Dewar	OL	42.85	2017	A Cronin	BB	45.85
U18	2021	Jack Watters	PB	41.30	2018	A Cronin	BB	46.26
700m Walk					700m Walk			
U10	1983	A Fitzgerald	MW	3:36.3	1992	A Thevenau	BB	3:41.3
1100m Walk					1100m Walk			
U11	1996	T Hellings	OL	5:34.4	2009	M Johns	PB	5:41.84
U12	1995	J Klauz	OL	5:37.3	2008	K Holt	OL	5:34.1
1500m Walk					1500m Walk			
U13	1997	N Avery	BB	7:08.4	1999	S Avery	BB	7:13.8
U14	1997	N Avery	BB	6:51.1	2008	H Watson	BW	7:00.5
U15	1999	N Avery	BB	6:47.1	2009	H Watson	BW	6:48.2
U16	1995	J Gawley	BB	6:28.4	2009	H Watson	BW	6:54.30
U17	2000	J Klauz	OL	6:21.9	2011	H Watson	BW	7:05.00
U18	2001	J Klauz	OL	6:42.7	2012	H Watson	BW	6:59.85
Long Jump					Long Jump			
U7	2022	C Singleton	LM	2.87	2017	M Hall	OL	2.71
U8	1996	D Chan	OL	3.36	1990	L Smith	OL	3.2
U9	1986	G Meadowcroft	OL	4.09	1983	L Miller	CW	3.7
U10	1987	G Meadowcroft	OL	4.37	2009	Z Walker	PB	3.99

U11	1987	M Chequer	BW	4.67	1993	B Wood	OL	4.41
U12	1981	M Hamilton	CW	5.16	1972	L Richmond	AT	4.84
U13	2014	S Zhoya	PB	5.48	2014	S White	PB	5.09
U14	2015	S Rajakovic	BW	6.56	2002	J McKinnon	BB	5.34
U15	2016	S Rajakovic	BW	6.43	1998	S Oksuz	BW	5.59
U16	1998	W Surjan	PB	6.32	1999	S Oksuz	BW	6.19
U17	1999	G Artemis	OL	6.40	2017	C Blackman	OL	5.76
	2014	M Liddelow	PB	6.40				
U18	2024	C Schirmer	PB	6.68	2018	C Blackman	OL	5.67
Triple Jump					Triple Jump			
U11	1988	G Meadowcroft	OL	9.82	2011	C Blackman	BW	9.53
U12	2013	S Zhoya	LM	10.89	1998	C Douglas	OL	10.12
U13	1988	S Hair	KD	11.46	2001	J McKinnon	BB	11.04
U14	2014	S Rajakovic	BW	13.09	2014	C Blackman	BW	10.83
U15	2016	S Rajakovic	BW	13.25	1994	B Payze	PB	11.11
U16	1991	S Hair	KD	13.19	2016	C Blackman	OL	11.80
U17	2013	J Konle	OL	13.90	2017	C Blackman	OL	11.58
U18	2022	X Miller	BW	13.12	2018	C Blackman	OL	12.49
High Jump					High Jump			
U9	1980	J Edlich	OL	1.11	2015	B Stanes	OL	1.07
U10	1975	D Anderson	MW	1.28	1982	J Mullings	KD	1.18
U11	1980	J Cook	MW	1.42	1983	K Woodward	KD	1.25
U12	1977	D Anderson	MW	1.58	1982	K. Bailey	MW	1.43
U13	1978	D Anderson	MW	1.60	1983	L Shenstone	BW	1.57
U14	1979	D Anderson	MW	1.82	2008	K Sexton	OL	1.65
U15	2021	C Schimer	PB	1.80	2011	N Robinson	PB	1.68
U16	1990	J Pozzi	MP	1.93	2012	N Robinson	PB	1.65
U17	2023	C Schirmer	PB	1.93	1999	S Blackney	BB	1.60
U18	2023	C Schirmer	PB	1.90	2015	L Lowrey	BW	1.51
Vortex					Vortex			
U7	2022	C Singleton	LM	20.96	2024	A Ryan	BW	13.62
U8	2020	K Ogle	LM	26.52	2025	S Hall	OL	18.24
Turbo Javelin					Turbo Javelin			
U9	2002	D Duplock	CW	24.04	2004	A Robinson	LM	18.30
U10	2022	K Ogle	LM	28.57	2005	A Robinson	LM	22.26
U11	2017	K Ogle	LM	33.60	2017	P Brindle	OL	23.36
Javelin 400g					Javelin 400g			
U12	1980	A Foley	BB	42.78	2001	J O'Donovan	BW	30.74
U13	1980	A Foley	BB	47.70	2008	A Robinson	PB	34.79
Javelin 600g					Javelin 400g			
U14	1998	C Jovanovic	PB	46.46	2020	E Kempson	LM	41.40
Javelin 700g					Javelin 500g			
U15	2024	J Goddard	OL	30.18	2024	E Johnstone	OL	35.83
U16	1991	C Roebuck	MW	59.84	2022	E Kempson	LM	41.28
U17	2010	M Craggs	BB	51.24	2021	A Richards	LM	42.81
U18	2002	A Hoftsee	CW	52.00	2013	A Robinson	PB	37.45

Shot Put 1.0kg					Shot Put 1.0kg			
U7	2022	C Singleton	LM	4.66	2022	S McCarthy	BW	4.77
U8	2024	T Masten	PB	5.95	2022	M Lujan Rocha	BW	4.73
Shot Put 1.5kg					Shot Put 1.5kg			
U9	1989	N Hebbard	LM	9.41	1988	A Christian	PB	7.46
Shot Put 2kg					Shot Put 2kg			
U10	1975	A Reeves	AT	9.31	1989	A Christian	PB	7.59
U11	1973	S Fazey	OL	10.45	1989	A Christian	PB	8.84
U12	2023	K Ogle	LM	11.44	1995	H Lawson	MW	10.09
U13	2025	K Ogle	LM	12.73	1986	C Finucane	PB	12.42
Shot Put 3kg					Shot Put 3kg			
U14	1982	R Giroud	MW	14.64	2020	E Kempson	LM	11.74
U15					1992	B Payze	PB	12.88
U16					1995	L Wai	PB	13.96
U17					2016	I Taylor	PB	13.36
U18					2023	Ava Watters	PB	12.72
Shot Put 4kg								
U15	1985	R Vogl	MT	13.76				
U16	2003	T Grabe	OL	16.20				
Shot Put 5kg								
U17	2022	C Schirmer	PB	11.67				
U18	2000	J Hoftsee	OL	13.41				
Discus 350g					Discus 350g			
U7	2018	K Ogle	LM	13.47	2022	S McCarthy	BW	11.36
U8	2001	M O'Brien	BTM	19.79	2010	K Yates	BW	16.81
Discus 500g					Discus 500g			
U9	1992	A Prince	PB	24.70	1987	A Christian	PB	20.20
U10	1983	J Foley	BB	30.80	1989	A Christian	PB	25.14
U11	2023	K Ogle	LM	34.75	1990	A Christian	PB	30.68
U12	2024	K Ogle	LM	45.34	2025	P Cox	OL	31.55
Discus 750g					Discus 750g			
U13	1980	A Foley	BB	42.50	1992	A Christian	PB	34.34
U14	1982	R Giroud	MW	45.50	1991	B Payze	PB	37.80
Discus 1 kg					Discus 1 kg			
U15	1985	R Vogel	MP	49.08	1992	B Payze	PB	38.10
U16	1991	C Roebuck	MW	47.28	1993	B Payze	PB	39.68
U17	1999	J Hoftsee	OL	49.22	2004	L Smith	LM	42.34
U18					2009	S Fenwick	OL	38.03
Discus 1.5kg								
U17	2004	M Malone	OL	46.66				
U18	2022	X Miller	BW	40.86				

Competition Standards

False Starts

Little Athletics False Start Rules will be applied, in summary, any athlete who commits a false start shall be warned as follows:

U6 – U9 age groups

Any individual athlete in each heat, shall be allowed a maximum of TWO (2) false starts without disqualification. Any individual athlete responsible for more than TWO (2) false starts shall be disqualified.

U10 – U14 age groups

A maximum of TWO (2) false starts per race shall be allowed without disqualification, regardless of which athlete is responsible. Any athlete responsible for a subsequent false start shall be disqualified.

U15 – U18 age groups

A maximum of ONE false start per race shall be allowed without disqualification, regardless of which athlete is responsible. Any athlete responsible for a subsequent false start shall be disqualified.

High Jump

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

	U10	U11	U12	U13	U14	U15	U16	U17	U18
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 Athletics West website for State starting heights prior to nominating to participate in this event at state events.

Each athlete is allowed a practise run through / jump without the bar up. Each athlete is allowed three attempts at each height. The bar is 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. U10 and U11 athletes to use 'scissors' style only.

Long Jump

U7 – U18 athletes can have a practice jump (if athlete desires) then each athlete is allowed three (3) individual measured jumps.

The front of mat for U7 to U10 will be 20 cm from the pit. For U11 to U13 the front of the mat will be 1m from the pit and for U14 to U18 front of the strip will be 1m from the pit. A 1m mat is used for U7 to U9, a 0.5m mat for U10 to U11, and a 0.2m mat/board/strip for U12 to U18.

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

Triple Jump

Each athlete can have a practice jump (if athlete desires) then each is allowed three (3) jumps. The take-off board/mat same size as for long jump. The board settings are listed below:

BOYS & GIRLS	U12	U13	U14	U15	U16	U17	U18
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.

Shot Put

U7 – U13 athletes have 1 practice and 1 measured throw in round 1, then 2 measured throws in round 2.

U14+ athletes are allowed 1 practice (if athlete desires), then 3 individual measured throws.

Listed below are the weights (in kilograms – kg) of implements for each age group:

	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
BOYS	1	1	1.5	2	2	2	3	3	4	4	5	5
GIRLS	1	1	1.5	2	2	2	3	3	3	3	3	3

Discus

U7 – U13 athletes have 1 practice and 1 measured throw in round 1, then 2 measured throws in round 2.

U14+ athletes are allowed 1 practice (if athlete desires), then 3 individual measured throws.

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

	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
BOYS	350g	350g	500g	500g	500g	500g	750g	1kg	1kg	1kg	1.5kg	1.5kg
GIRLS	350g	350g	500g	500g	500g	500g	750g	1kg	1kg	1kg	1kg	1kg

Javelin

U7 – U13 athletes have 1 practice and 1 measured throw in round 1, then 2 measured throws in round 2.

U14+ athletes are allowed 1 practice (if athlete desires), then 3 individual measured throws.

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

	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
BOYS	Vortex	Vortex	Turbo	Turbo	Turbo	400g	600g	600g	700g	700g	700g	700g
GIRLS	Vortex	Vortex	Turbo	Turbo	Turbo	400g	400g	400g	500g	500g	500g	500g

Hurdles

The colour coding for hurdles spacing on the tape is:

- 110m

100m

90m

80m

60m
- Blue

Yellow

White

Red

Black
- Boys U17-U18

Boys U16

Boys U15

Boys U12-U14

Boys U7-U11
- Girls U17-U18

Girls U16

Girls U12-U15

Girls U7-U11

BOYS	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Distance (m)	60	60	60	60	60	80	80	80	90	100	110	110
Height (cm)	30	30	45	45	60	60	68	76	76	76	76	76
Run in (m)	12	12	12	12	12	12	12	12	13	13	13.72	13.72
Distance between (m)	7	7	7	7	7	7	7	7	8	8.5	9.14	9.14
Run Out (m)	13	13	13	13	13	12	12	12	13	10.5	14.02	14.02
Number of flights	6	6	6	6	6	9	9	9	9	10	10	10
GIRLS	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Distance (m)	60	60	60	60	60	80	80	80	80	90	100	100
Height (cm)	n/a	n/a	45	45	60	60	68	76	76	76	76	76
Run in (m)	12	12	12	12	12	12	12	12	12	13	13	13
Distance between (m)	7	7	7	7	7	7	7	7	7	8	8.5	8.5
Run Out (m)	13	13	13	13	13	12	12	12	12	13	10.5	10.5
Number of flights	6	6	6	6	6	9	9	9	9	9	10	10

2025-26 Achievement Colour Standards – Girls

	70m	100m	200m	400m	800m	1500m	Short Hurdles	Long Hurdles	Shot Put	Discus	Javelin	High Jump	Long Jump	Triple Jump	Walk	#	GOLD
17 B		00:14.0	00:28.7	01:07.5	02:41.4	05:41.9	00:16.1	00:54.0	9.54	28.52	27.03	1.13	4.25	9.37	07:50.8	9	
17 R		00:15.3	00:31.4	01:13.6	02:56.1	06:12.9	00:17.6	00:58.9	8.36	19.02	18.02	0.76	2.84	8.25	08:33.6	8	13
17 G		00:16.5	00:34.0	01:19.8	03:10.8	06:44.0	00:19.1	01:03.8	5.99	15.21	14.42	0.60	2.27	5.00	09:18.4	7	
16 B		00:14.1	00:29.2	01:07.2	02:40.4	05:37.2	00:21.4	00:52.5	9.63	30.41	29.30	1.20	4.17	8.89	07:47.5	9	13
16 R		00:15.4	00:31.8	01:13.3	02:55.0	06:07.8	00:23.3	00:57.3	6.42	20.28	19.64	0.80	2.78	5.79	08:30.0	8	
16 G		00:16.7	00:34.5	01:19.4	03:09.5	05:38.5	00:25.3	01:02.1	5.14	16.22	15.63	0.64	2.22	4.63	09:12.5	7	
15 B		00:14.0	00:28.1	01:04.6	02:35.8	05:24.0	00:15.2	00:54.3	10.18	29.17	30.96	1.22	4.23	8.67	07:48.3	9	
15 R		00:15.3	00:30.6	01:10.5	02:49.9	05:53.4	00:16.5	00:59.3	6.79	19.45	20.64	0.81	2.62	5.78	08:30.9	8	13
15 G		00:16.6	00:33.2	01:15.4	03:04.1	06:22.9	00:17.9	01:04.2	5.43	15.56	16.51	0.65	2.26	4.62	09:13.5	7	
14 B		00:14.1	00:28.7	01:05.2	02:29.7	05:20.5	00:14.4	00:32.3	9.61	28.35	24.12	1.22	4.14	8.33	07:39.5	9	13
14 R		00:15.4	00:31.3	01:11.1	02:43.3	05:49.6	00:15.7	00:35.2	6.41	18.90	16.08	0.81	2.76	5.56	08:21.2	8	
14 G		00:16.7	00:33.9	01:17.0	02:57.0	06:18.8	00:17.0	00:38.1	5.12	15.12	12.86	0.65	2.21	4.44	09:03.0	7	
13 B		00:14.1	00:29.4	01:06.6	02:31.2	05:23.8	00:14.5	00:32.5	8.81	28.07	31.05	1.20	3.92	8.12	07:56.1	9	
13 R		00:15.4	00:32.1	01:12.6	02:44.9	05:53.2	00:15.8	00:35.4	5.87	18.71	20.70	0.80	2.61	5.42	08:39.4	8	13
13 G		00:16.7	00:34.8	01:18.7	02:58.6	06:22.6	00:17.2	00:38.4	4.70	14.97	16.56	0.64	2.09	4.33	09:22.6	7	
12 B		00:14.5	00:30.3	01:06.6	02:42.6	05:42.4	00:15.8	00:34.1	5.12	15.12	12.86	0.65	2.21	4.44	09:03.0	7	
12 R		00:15.8	00:33.0	01:12.6	02:57.4	06:13.5	00:17.3	00:37.3	4.70	14.97	16.56	0.64	2.09	4.33	09:22.6	7	11
12 G		00:17.1	00:35.8	01:19.7	03:12.2	06:44.7	00:18.7	00:40.7	4.70	14.97	16.56	0.64	2.09	4.33	09:22.6	7	
11 B		00:15.4	00:31.5	01:11.5	02:49.1	05:53.9	00:16.8	00:36.8	5.34	13.10	13.92	0.63	2.04	4.11	09:52.9	7	
11 R		00:16.8	00:34.4	01:19.0	03:04.4	06:26.1	00:18.4	00:40.4	4.70	14.97	16.56	0.64	2.09	4.33	09:22.6	7	11
11 G		00:18.1	00:37.2	01:24.6	03:19.8	06:58.3	00:19.9	00:43.4	4.70	14.97	16.56	0.64	2.09	4.33	09:22.6	7	
10 B		00:16.0	00:32.9	01:15.7	02:57.2	06:12.9	00:12.3	00:42.3	5.34	13.10	13.92	0.63	2.04	4.11	09:52.9	7	
10 R		00:17.4	00:35.9	01:22.6	03:13.3	06:44.0	00:13.4	00:43.4	4.70	14.97	16.56	0.64	2.09	4.33	09:22.6	7	11
10 G		00:18.9	00:38.9	01:29.5	03:29.4	07:00.0	00:14.5	00:44.5	4.70	14.97	16.56	0.64	2.09	4.33	09:22.6	7	
9 B		00:16.3	00:34.9	01:20.5	03:11.0	06:11.0	00:12.0	00:42.0	5.34	13.10	13.92	0.63	2.04	4.11	09:52.9	7	
9 R		00:17.8	00:38.1	01:27.8	03:28.4	06:44.0	00:13.1	00:43.1	4.70	14.97	16.56	0.64	2.09	4.33	09:22.6	7	11
9 G		00:19.3	00:41.3	01:35.1	03:45.7	07:11.0	00:14.2	00:44.2	4.70	14.97	16.56	0.64	2.09	4.33	09:22.6	7	
8 B		00:12.6	00:17.8	00:36.7	01:55.8	04:55.8	00:12.9	00:42.9	5.34	13.10	13.92	0.63	2.04	4.11	09:52.9	7	
8 R		00:13.7	00:19.4	00:40.1	02:06.3	05:16.3	00:14.1	00:44.1	4.70	14.97	16.56	0.64	2.09	4.33	09:22.6	7	9
8 G		00:14.9	00:21.0	00:43.4	02:16.8	05:26.8	00:15.3	00:45.3	4.70	14.97	16.56	0.64	2.09	4.33	09:22.6	7	
7 R		00:13.5	00:19.2	00:39.4	01:05.9	04:11.9	00:12.9	00:42.9	5.34	13.10	13.92	0.63	2.04	4.11	09:52.9	7	8
7 G		00:14.7	00:21.0	00:43.0	01:11.9	04:11.9	00:14.1	00:44.1	4.70	14.97	16.56	0.64	2.09	4.33	09:22.6	7	
6 B		00:15.3	00:22.7	00:46.6	01:17.9	04:11.9	00:15.3	00:45.3	4.70	14.97	16.56	0.64	2.09	4.33	09:22.6	7	4
6 R		00:16.6	00:23.0	00:51.0	01:17.9	04:11.9	00:16.6	00:46.6	4.70	14.97	16.56	0.64	2.09	4.33	09:22.6	7	3
6 G		00:18.0	00:24.9	00:55.2	01:17.4	04:11.9	00:18.0	00:47.4	4.70	14.97	16.56	0.64	2.09	4.33	09:22.6	7	2

2025-26 Achievement Colour Standards – Boys

	70m	100m	200m	400m	800m	1500m	Short Hurdles	Long Hurdles	Shot Put	Discus	Javelin	High Jump	Long Jump	Triple Jump	Walk	#	GOLD
17	B	00:12.5	00:26.0	00:57.9	02:15.8	04:51.7	00:16.1	00:45.4	9.92	30.65	39.00	1.62	5.68	11.15	07:23.0	9	
17	R	00:13.6	00:28.3	01:03.2	02:28.1	05:18.2	00:17.6	00:49.6	6.62	20.43	26.00	1.43	5.01	9.84	08:03.2	8	13
17	G	00:14.8	00:30.7	01:08.4	02:40.5	05:44.7	00:19.1	00:53.7	5.29	16.34	20.80	1.24	4.34	8.53	08:43.5	7	
16	B	00:12.7	00:26.0	00:56.1	02:16.6	04:45.9	00:18.5	00:47.1	8.75	35.00	38.43	1.64	5.44	11.26	07:00.5	9	
16	R	00:13.8	00:28.3	01:01.2	02:29.0	05:11.9	00:20.2	00:51.4	5.84	23.33	25.62	1.45	4.80	9.94	07:38.8	8	13
16	G	00:15.0	00:30.7	01:06.4	02:41.4	05:37.9	00:21.9	00:55.7	4.67	18.66	20.50	1.25	4.16	8.61	08:17.0	7	
15	B	00:12.6	00:26.1	00:58.2	02:19.5	04:58.0	00:14.4	00:46.5	11.99	35.33	42.53	1.57	5.34	11.11	07:07.5	9	
15	R	00:13.8	00:28.5	01:03.5	02:32.2	05:25.1	00:15.7	00:50.7	8.00	23.55	28.35	1.39	4.71	9.80	07:46.3	8	13
15	G	00:14.9	00:30.9	01:08.8	02:44.8	05:52.2	00:17.0	00:54.9	6.40	18.84	22.68	1.20	4.08	8.50	08:25.2	7	
14	B	00:12.6	00:26.9	00:58.4	02:22.8	04:51.8	00:14.3	00:29.7	11.33	38.39	22.64	1.50	5.05	11.26	07:27.8	9	
14	R	00:13.8	00:29.4	01:03.7	02:35.8	05:18.3	00:15.6	00:32.4	7.56	25.59	15.09	1.32	4.46	9.94	08:08.5	8	13
14	G	00:14.9	00:31.8	01:09.0	02:48.7	05:44.9	00:17.0	00:35.1	6.04	20.47	12.07	1.14	3.86	8.61	08:49.2	7	
13	B	00:13.2	00:26.8	01:00.0	02:26.8	05:06.3	00:13.8	00:30.3	10.98	34.13	33.80	1.47	5.32	10.79	07:32.2	9	
13	R	00:14.4	00:29.2	01:05.5	02:40.1	05:34.2	00:15.0	00:33.0	7.32	22.75	22.53	1.30	4.70	9.52	08:13.3	8	13
13	G	00:15.6	00:31.6	01:10.9	02:53.4	06:02.1	00:16.3	00:35.8	5.86	18.20	18.02	1.12	4.07	8.25	08:54.4	7	
12	B	00:13.8	00:28.1	01:05.1	02:33.6	05:11.6	00:14.8	00:48.1	8.16	30.03	33.72	1.36	4.62	9.63	07:51.2	9	
12	R	00:15.0	00:30.6	01:11.0	02:47.5	05:40.0	00:16.2	00:54.4	5.44	20.02	22.48	1.20	4.07	8.50	08:34.1	8	11
12	G	00:16.3	00:33.2	01:16.9	03:01.5	06:08.3	00:17.5	00:58.1	4.35	16.02	17.98	1.04	3.53	7.36	09:16.9	7	
11	B	00:14.7	00:29.4	01:08.7	02:40.3	05:30.8	00:14.2	00:48.1	8.58	30.83	32.09	1.25	4.39	8.48	06:18.8	9	
11	R	00:16.0	00:32.1	01:14.9	02:54.8	06:00.8	00:15.5	00:54.4	5.72	20.55	21.39	1.10	3.97	7.49	06:53.3	8	11
11	G	00:17.3	00:34.8	01:21.2	03:09.4	06:30.9	00:16.8	00:58.1	4.58	16.44	17.11	0.98	3.35	6.49	07:27.7	7	
10	B	00:10.9	00:14.6	00:31.7	01:12.4	02:50.7	00:12.1	00:46.5	7.64	25.06	25.20	0.89	3.83	6.49	06:07.8	9	
10	R	00:11.9	00:15.9	00:34.6	01:13.9	03:06.2	00:13.2	00:49.7	5.09	17.38	16.80	0.96	3.38	6.49	06:41.3	8	11
10	G	00:12.9	00:17.2	00:37.5	01:25.6	03:21.7	00:14.3	00:50.1	4.07	13.90	13.44	0.83	2.93	5.91	07:14.7	7	
9	B	00:11.4	00:15.8	00:34.1	01:16.4	02:56.7	00:11.8	00:46.5	6.61	22.30	21.43	0.94	3.71	6.49	04:08.5	8	
9	R	00:12.4	00:17.2	00:37.2	01:23.3	03:12.7	00:12.8	00:48.1	4.41	14.87	14.29	0.92	3.27	5.91	04:32.2	7	11
9	G	00:13.4	00:18.6	00:40.4	01:30.3	03:28.6	00:13.9	00:50.1	3.52	11.89	11.43	0.79	2.83	5.91	04:54.8	6	
8	B	00:11.9	00:16.5	00:34.8	01:15.9	02:50.9	00:12.5	00:46.5	6.22	18.53	16.11	0.94	3.32	5.91	04:08.5	7	9
8	R	00:13.0	00:18.0	00:38.0	02:01.0	03:12.7	00:13.7	00:48.1	4.15	12.35	10.74	0.83	2.93	5.91	04:08.5	6	8
8	G	00:14.1	00:19.6	00:41.1	02:11.0	03:28.6	00:14.8	00:51.4	3.32	9.88	8.59	0.72	2.54	5.91	04:08.5	5	
7	B	00:13.3	00:18.9	00:39.4	01:04.5	02:56.7	00:12.5	00:46.5	4.44	14.84	14.84	0.9	2.86	5.91	04:08.5	6	8
7	R	00:14.5	00:20.7	00:43.0	01:10.3	02:50.7	00:13.6	00:50.1	2.96	9.90	13.26	0.7	2.52	5.91	04:08.5	5	
7	G	00:15.8	00:22.4	00:46.6	01:16.2	02:56.7	00:14.7	00:51.4	2.37	7.92	10.61	0.6	2.18	5.91	04:08.5	4	
6	B	00:14.6	00:20.8	00:45.2	01:11.1	02:50.7	00:14.2	00:50.1	3.50	10.10	15.72	0.7	2.44	5.91	04:08.5	4	
6	R	00:16.0	00:22.7	00:50.4	01:16.2	02:56.7	00:15.4	00:51.4	2.33	6.74	10.48	0.5	2.15	5.91	04:08.5	3	6
6	G	00:17.3	00:24.5	00:54.6	01:16.8	02:56.7	00:16.8	00:58.1	1.86	5.39	8.38	0.4	1.87	5.91	04:08.5	2	

Sponsorship Opportunities

We invite you to join our community to support Melville Athletics Club, a dynamic and inclusive program dedicated to developing young athletes and fostering a love for sport.

Your sponsorship will directly contribute to providing quality coaching, equipment, uniforms, and access to competitions for our members.

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Partnering with us means investing in youth development while enhancing your brand's visibility and reputation in the community.

Please contact sponsorships@melvilleroar.com for further information as to how your business can contribute to our great club.



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