

MELVILLE ATHLETICS CLUB



**2026/2027
SEASON HANDBOOK**

PRINTING FOR *Life's* MOMENTS



Some moments deserve to be printed, shared and kept. From celebrating life's biggest milestones to remembering the people and moments that mean the most. Our in-house graphic designers can help create something, or we can print your existing artwork to bring your ideas to life.



CELEBRATE

- Birthday invitations
- Milestone birthdays
- Baby showers
- Birth announcements
- Engagements
- Anniversaries
- Party invitations
- Menus & place cards
- Event signage

REMEMBER

- Funeral stationery
- Order of service
- Memorial books & cards
- Funeral bookmarks
- Thank-you cards
- Photo collages

KEEP

- Photo prints
- Enlargements
- Custom posters
- Personalised cards

Summer Season Calendar 2026-2027

Day	Date	Start Time	Event	Venue
2026				
Saturday	10 Oct	7:45am	Program 1	Len Shearer
Saturday	17 Oct		Program 2	
Saturday	24 Oct		Program 1	
Friday - Sunday	30 Oct – 1 Nov		WA All Schools Championships	WA Aths Stadium
Saturday	31 Oct	7.45am	Program 2	Len Shearer
Saturday	7 Nov		Program 1	
Saturday	7 Nov		Quiz Night	
Saturday	14 Nov	7.45am	Program 2	
Saturday	21 Nov		Program 1	
Saturday - Sunday	21 - 22 Nov		State Combined Events Champs	WA Aths Stadium
Saturday	28 Nov	7.45am	Program 2 – MAC Fundraiser	Len Shearer
Friday - Sunday	4 - 6 Dec		Australian All School Championships	WA Aths Stadium
Saturday	5 Dec	4.45pm	Program 1 (inc. Relays)	Len Shearer
Saturday - Sunday	12 - 13 Dec		WA State Relay Championships	WA Aths Stadium
2027				
Saturday	9 Jan	7:45am	Program 2	Len Shearer
	16 Jan		Program 1	
Friday	22 Jan	4:45pm	Special GIFT Event - Twilight	
Saturday	23 Jan		60m & 5,000m WA State Champs	WA Aths Stadium
Saturday - Sunday	30 - 31Jan		Little Athletics WA Challenge (U7–U12)	
Saturday	6 Feb	7.45am	Program 2 – Life Members Day	Len Shearer
Friday	12 Feb		3,000m WA State Championships	WA Aths Stadium
Saturday	13 Feb	7.45am	Program 1	Len Shearer
Friday - Sunday	19 - 21 Feb		WA State Junior Champs (U13–U18)	WA Aths Stadium
Saturday	27 Feb	7.45am	Program 2	Len Shearer
	6 Mar		Club Champs – Program 1	
Saturday - Sunday	6 - 7 Mar		WA State Senior Champs (U20 & Open)	WA Aths Stadium
Saturday	13 Mar	7.45am	Club Champs - Program 2	Len Shearer
Sunday	4 Apr		MAC AGM & Windup	



MELVILLE ROAR

Home of the Melville Athletics Club

Dear Members,

Welcome to the 2026/2027 season with Melville Athletics Club!

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

This is our annual Orange Book, provided as a guide to athletics activities throughout the summer season at Melville Athletics Club and to Athletics West State events. It is also an opportunity to celebrate the achievements of our athletes, coaches, officials, volunteers, and families who contribute so much to our club's success.

The 2025/26 season was another outstanding year for Melville Athletics Club. Across all age groups, our athletes achieved thousands of personal best performances, broke club records, and represented the club with distinction at State and National competitions. Most importantly, our athletes continued to demonstrate the values of commitment, resilience, sportsmanship, and teamwork that define our club.

As we enter the 2026/27 season, we continue to build on the strong foundations established through the successful transition to a unified Melville Athletics Club. The move to a single club structure has strengthened our ability to support athletes of all ages and abilities, improve facilities, attract funding, and create a clear pathway from Little Athletics through to senior competition.

We are excited to continue developing our home at Len Shearer Reserve, which provides our members with some of the best athletics facilities in Western Australia. These facilities, combined with our dedicated volunteer community and outstanding coaching programs, position Melville Athletics Club for an exciting future.

Athletics in Western Australia continues to evolve under the one-sport model, creating greater alignment between junior and senior pathways while maintaining a strong focus on participation, personal improvement, and enjoyment. Whether your goal is to achieve a personal best, make new friends, represent the club at State level, or simply enjoy being part of our athletics community, there is a place for everyone at Melville Athletics Club.

As always, our club's success depends on the support and involvement of our members, volunteers, officials, coaches, and families. Together, we create an environment where athletes can develop not only their athletic abilities but also the confidence, friendships, and life skills that will stay with them for years to come.

Thank you for being part of the Melville Athletics Club community. We look forward to another fantastic season of achievement, participation, and enjoyment.

Kind regards,

Melville Athletics Club Executive Committee

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Melville Athletics Club Contacts 2026-2027

Executive Committee

Position	Person
President	Andrew Angelatos
Vice President	Alasdair Dempsey
Treasurer	Tarin Paniora
Secretary	Executive Officer / Tonya Trubshoe
Member Portfolios	
Arena	Mark Stott
Championships	Rebecca Gray
Coaching	Alasdair Dempsey
Technical	Dan Palmer
Seniors Manager	Mark Blackman
Grants and Sponsorships Officer	Mark Stott
Officials Manager	Cliff Bernard

Committee Support

Junior Coaching Coordinator	Rosie Sloan
Assistant Field Manager	Claire Barnes
Canteen and BBQ Manager	Vanessa Granato
First Aid Officer	Ian Gawthrope
Uniforms Manager	Brooke Te Kani
Website Manger	Dean Fearnall
Technical and Equipment Support	Jason Tan
Rosters Manager	Ash Wigger
Rosters Co-ordinator	Rhys Arangio
Rosters Co-ordinator	Vacant
Winter Manager	Vacant

Club Captains

Zack Bishop
Olivia Stott

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

History of Melville Little 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 were registered under the one 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 clubs long-standing records. 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 became 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
Anita Downing			

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 U8 through to U18.

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)
2026	Siyana Bernard

Structure of Little Athletics in WA

The Little Athletics Program is offered at Clubs 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 2026/27 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	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009

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 Roster 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 Parent 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 attempts 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 five 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 Roster 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 Roster 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 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, and 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. Where required, an Injury Report Form will 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 U7 to U18 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	7:15am	4:15pm
Complete equipment set up by	7:35am	4:35pm
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 roster 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 of a duty roster may result in athletes being not allowed to compete, including participating in the Club Championships.

Field sites run with the support of parents. In the weeks you are not on the roster, if you are watching your child, helping to measure, rake, or collect implements, it makes a huge difference to everyone's experience. Our Key Officials will provide instructions, and the more families who help, the lighter the load will be.

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 athlete's 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 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 Club 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 NOT 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 initially be cautioned for not wearing their bib at competition and will be required to wear a paper bib with their number and details for the competition duration. Should the bib be lost, contact the Executive Officer who can organise a new bib for you for a small cost.

Club Uniforms

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

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 or Executive Officer.

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 Clubs

Registered athletes from other Clubs 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-Club and State Competitions

A number of Inter-Club 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 the Aths West website. Entries are the responsibility of individual athletes (with the exception of State Relays).

State Combined Event Championships

Date: Sat 21 Nov & Sun 22 Nov 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 Relay Championships

Date: Sat 12 & Sun 13 Dec 2026

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. U7 to U9 will be invited to compete in a shuttle relay in the 2026/2027 season.

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.

Little Athletics WA Challenge

Date: Sat 30 & Sun 31 Jan 2027

Venue: WA Athletics Stadium

Uniform: Melville Athletics Club uniform with registration number

Entry is open to U7-U12

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

A fun, participation-focused two day event giving young athletes the opportunity to compete against athletes from other Centres at the WA Athletics Stadium, while chasing personal bests, earning PB ribbons and points for their centre.

State Junior Track & Field Championships

Date: Fri 19 – Sun 21 Feb 2027

Venue: WA Athletics Stadium

Uniform: Melville Athletics Club uniform with registration number

Entry is open to U13-U18

The major championship event of the season for junior athletes, bringing together athletes from across WA to compete in their chosen track and field events for State titles and medals.

This event is the qualification for the Australian Athletics Championships.

State Senior Track & Field Championships

Date: Sat 6 – Sun 7 Mar 2027

Venue: WA Athletics Stadium

Uniform: Melville Athletics Club uniform with registration number

Entry is open to U20 & Open

There is no qualification standard required for this event.

WA's premier championship event for senior athletes, bringing together athletes from across WA to compete in their chosen track and field events for State titles and medals.

This event is the qualification for the Australian Athletics Championships.

Australian Athletics Championships

Date: TBA
Venue: TBA
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 competition date and venue is TBA.

LAs U14 athletes must nominate to be considered for the state team with selection based on performances from the State Junior Track and Field 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. There are fees associated with nominating for the Winter meets, with registering required 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 Club 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

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 in at least 80% of their events during the regular 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.

Personal Best Awards

Athletes achieving a Personal Best result count meeting 25%, 40% or 50% of their total competition events over the regular season are awarded a Bronze, Silver or Gold Personal Best Award respectively.

	Junior			Intermediate			Senior						
	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	
Competition Events	8	9	9	11	11	13	13	14	13	13	13	13	
Season PB Opportunities	48	54	54	66	66	78	78	84	78	78	78	78	
Bronze Requirement	12	14	14	17	17	20	20	21	20	20	20	20	
Silver Requirement	20	22	22	27	27	32	32	34	32	32	32	32	
Gold Requirement	24	27	27	33	33	39	39	42	39	39	39	39	

Personal Best Champions

The MG Bassett trophy is presented to the athlete demonstrating consistent improvement in their performances over the regular season through achieving the greatest number of Personal Bests at the club. Additional awards recognise the highest PB earners in the Junior, Intermediate and Senior age divisions.

Overall, Age Group and Discipline Champion Awards

The club's results management system, ResultsHQ, awards points to athletes for their performance across all regular season events. Scoring is based on factors including participation, event placing and personal best achievements, and normalised across age groups to account for differences in opportunities to compete. Several award categories are based on this scoring system.

Age Group Champions and Runners-Up - three highest scoring Boys and Girls in each age group.

Overall Champions - highest scoring Boy and Girl in each of the Junior, Intermediate and Senior age divisions.

Discipline Champion and Runner-Up - two highest scoring athletes, in each of the Junior, Intermediate and Senior age divisions, for each of the major athletic disciplines. Discipline categories and qualifying events for each age division are as follows:

Discipline Events – Junior

	U7	U8	U9
Sprints & Hurdles	70m 100m 60m Mini Hurdles	70m 100m 200m 60m Mini Hurdles	70m 100m 200m 60m Hurdles
Distance	200m	300m	500m
Jumps	Long Jump	Long Jump	Long Jump
Throws	Discus (350g) Shot Put (1kg) Vortex	Discus (350g) Shot Put (1kg) Vortex	Discus (500g) Shot Put (1.5kg) Turbo Jav

Discipline Events – Intermediate

	U10	U11	U12
Sprints & Hurdles	70m 100m 200m 60m Hurdles	70m 100m 200m 60m Hurdles	100m 200m 400m 80m Hurdles
Distance	800m	800m	800m 1500m
Jumps	Long Jump High Jump (Scissor)	Long Jump High Jump (Scissor)	Long Jump High Jump Triple Jump
Throws	Discus (500g) Shot Put (2kg) Turbo Jav	Discus (500g) Shot Put (2kg) Turbo Jav	Discus (500g) Shot Put (2kg) Javelin (400g)

Discipline Events – Senior

	U13	U14	U15	U16	U17	U18
Sprints & Hurdles	100m 200m 400m 80m Hurdles	100m 200m 400m 80m Hurdles 200m Hurdles	100m 200m 400m 80/90m Hurdles 300m Hurdles	100m 200m 400m 100/110m Hurdles 300m Hurdles	100m 200m 400m 100/110m Hurdles 300m Hurdles	100m 200m 400m 100/110m Hurdles 300m Hurdles
Distance	800m 1500m	800m 1500m	800m 1500m	800m 1500m	800m 1500m	800m 1500m
Jumps	Long Jump High Jump Triple Jump	Long Jump High Jump Triple Jump	Long Jump High Jump Triple Jump	Long Jump High Jump Triple Jump	Long Jump High Jump Triple Jump	Long Jump High Jump Triple Jump
Throws	Discus (750g) Shot Put (3kg) Javelin (400/600g)	Discus (1kg) Shot Put (3kg) Javelin (400/600g)	Discus (1kg) Shot Put (3/4kg) Javelin (500/700g)	Discus (1kg) Shot Put (3/4kg) Javelin (500/700g)	Discus (1/1.5kg) Shot Put (3/5kg) Javelin (500/700g)	Discus (1/1.5kg) Shot Put (3/5kg) Javelin (500/700g)

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 Club's nominee for this prestigious award. The nominee must meet the following criteria:

- Competes regularly in all events
- Assists at club 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, from those nominated for this award, to Athletics West for the Doug Hancy Award.

Volunteer Recognition Awards

The Blackman Volunteer of the Year & Blackman Youth Volunteer of the Year awards recognise members of the wider community who have the desire to foster the aims of Melville Athletics Club and have demonstrated a level of commitment well in excess of that expected of a Club volunteer. Nominations for this award are considered and voted upon by the committee.

Volunteer Service Awards

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

- Parent Volunteer: 5, 8 and 10 years awards
- Service Awards-Officials: 3, 6, 10 and 20 years awards
- Club Official, Administrator and Coach of the year award
- Honour, Merit and Distinguished Merit Awards
- Life Membership

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.

Coaches' Junior Award & Coaches' Senior Award

Awarded to the junior and senior athlete who have demonstrated consistent effort during training throughout the season, as judged by the respective junior and senior coaching staff.

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 2025-2026

Club Sportsman Award

2019/20	Taya Mascarenhas	OL	15
2020/21	Caitlin Hodgkinson	BW	17
2021/22	Olivia Sanderson	PB	16
2022/23	Ava Nadin	PB	15
2023/24	Zeva Smith	PB	15
2024/25	Lachlan Angelatos	BW	17
2025/26	Griffin Angelatos		17

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
2025/26	Evie Cahill		30 Season PBs

Personal Best Performances

Girl		Age	Boy		Age
Junior	Isabella Dibley	9	Junior	Malin Gunasena	7
Intermediate	Evie Cahill	10	Intermediate	Tibor Meszaros	11
Senior	Sienna Gasper	15	Senior	Alexander D'Monte	15

Overall Champion Award

Girl		Age	Boy		Age
Junior	Coda Smith Carter	7	Junior	Taz Meszaros	7
Intermediate	Amie Gerard	10	Intermediate	Joshua Regnard	11
Senior	Bethany Smits	18	Senior	Joshua Goddard	17

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	2025/26	Tyson Wigger	

Blackman Volunteer of the Year Award

2024/25	Sheldon Jones		
2025/26	Rebecca Gray	2025/26	Isla Granato

Youth Volunteer of the Year

Coaches Award

Junior	Sienna Dolton	8
Senior	Jake Chapple	17

Age Group Champions and Runner Ups 2025-2026

Girl		Age	Boy	
Champion	Coda Smith-Carter	7	Champion	Tas Meszaros
Runner-up	Aria Lujan Rocha	7	Runner-up	Malin Gunasena
2 nd Runner-up	Chia Hall	7	2 nd Runner-up	Hugo Anderson
Champion	Lola Howard	8	Champion	Loui Hawchar
Runner-up	Stevie Masten	8	Runner-up	George Etherington
2 nd Runner-up	Milla Stephenson	8	2 nd Runner-up	Leo Puglisi
Champion	Eneh Meszaros	9	Champion	Tex Masten
Runner-up	Imogen Melville	9	Runner-up	Nate Wigger
2 nd Runner-up	Grace Noronha-Neville	9	2 nd Runner-up	Romeo D'Ulisse
Champion	Amie Gerard	10	Champion	Benjamin Holden
Runner-up	Ayla Smith-Carter	10	Runner-up	Oliver Jenzen
2 nd Runner-up	Abigail Regnard	10	2 nd Runner-up	Koa Paniora
Champion	Mia Lujan Rocha	11	Champion	Joshua Regnard
Runner-up	Milah Santich	11	Runner-up	Tibor Meszaros
2 nd Runner-up	Yuki Honjo Thevenau	11	2 nd Runner-up	Hugo Gauci
Champion	Fernanda Perez Clark	12	Champion	Zach Erasmus
Runner-up	Charlotte Tondut-Newey	12	Runner-up	Harry Boyes
2 nd Runner-up	Sinead Bernard	12	2 nd Runner-up	Haran Sujivan
Champion	Kayley Lassig	13	Champion	John McIlroy
Runner-up	Mila Howard	13	Runner-up	Elliott Tan
2 nd Runner-up	Emmerson Jones	13	2 nd Runner-up	Ben Gawthrope
Champion	Zahlia McGinn	14	Champion	Andrew Goddard
Runner-up	Elizabeth Wong	14	Runner-up	Ruben Singam
2 nd Runner-up	Amelie Smits	14	2 nd Runner-up	Wesley Kay
Champion	Sienna Gaspar	15	Champion	Jake Stott
Runner-up	Bailey McCormick	15	Runner-up	DeShawn McCarthy
2 nd Runner-up	Eva Issott	15	2 nd Runner-up	Silvanus Chong
Champion	Ivy Nadin	16	Champion	Alexis Guisset
Runner-up	Ava Zuideveld	16	Runner-up	Jaydon Anthony
2 nd Runner-up	Jessica Gawthrope	16	2 nd Runner-up	Mitchell Whiting
Champion	Olivia Stott	17	Champion	Joshua Goddard
Runner-up	Lolani Hatch	17	Runner-up	Zackary Bishop
2 nd Runner-up	Chloe Cronin	17	2 nd Runner-up	Mitchell Warrilow
Champion	Bethany Smits	18	Champion	Callum Charsley
Runner-up	Olivia Keady	18	Champion	Tas Meszaros
2 nd Runner-up	Ainslie Keady	18	Runner-up	Malin Gunasena

Participation Medal - 100 % event completion 2025-2026

First name	Surname	Age	Number of Events
Zahlia	McGinn	14	84
Elliott	Tan	13	78
Abigail	Regnard	10	72
Abigail	Sloan	10	72
Evie	Cahill	10	72
Joshua	Regnard	11	72
Adelaide	Tan	11	72
Eli	Clearwater	11	72
Florence	Williamson	11	72
Eneh	Meszaros	9	54
Imogen	Melville	9	54
Mia	Ruoss	9	54
Isabella	Dibley	9	54
Peter	O'Brien	9	54
Harry	Pereira	9	54
Coda	Smith-Carter	7	48
Aria	Lujan Rocha	7	48
Tas	Meszaros	7	48
Amelie	Green	7	48

Service Awards 2025-2026

5 Year Awards

First name	Surname	First name	Surname
Otis	Coad	Milla	Puglisi
Alysa	Cronin	Avaani	Singam
Hugo	Gauci	Ruben	Singam
Benjamin	Gawthroe	James	Stibbs
Mia	Giancola	Adelaide	Tan
Bless	Jo	Gus	Wigger
Aaliyah	Jones	Zahlia	McGinn
Dionne	Kelly	Holly P	O'Riley
Mia	Lujan Rocha	Harlow	Paniora
Siobhan	McCarthy		

8 Year Awards

First name	Surname	First name	Surname
Mitchell	Whiting	Olivia	Keady
Oliver	Whiting	Curtis	Rogers
Isabella	Dempsey	Sterling	Slyth
Ainslie	Keady	Emerson	Taylor

Athletics West 11 Year Awards

First name	Surname
Siyana	Bernard

Melville Athlete Life Membership (11 Year Awards)

First name	Surname
Siyana	Bernard

Season Results 2024-2025

Season Best Performances

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

R – denotes RECORD

BOYS			AGE		GIRLS	
70m			70m			
Hugo	Anderson	13.57	7	Aria	Lujan Rocha	14.72
Harrison	Tondut-Newey	12.77	8	Ellora	Varun	13.82
Nate	Wigger	11.88	9	Piper	Sampson-Neale	12.55
Koa	Paniora	11.53	10	Amie	Gerard	12.18
William	Butler	10.94	11	Milah	Santich	10.82
100m			100m			
Hugo	Anderson	19.09	7	Layla	Bettenay-Cochrane	20.42
Loui	Hawchar	19.05	8	Margot	Blowers	19.12
Tex	Masten	16.70	9	Piper	Sampson-Neale	17.27
Koa	Paniora	16.35	10	Amie	Gerard	17.08
Hendrix	Olislaegers	14.92	11	Milah	Santich	15.16
Michael	McKenzie	13.92	12	Sinead	Bernard	15.91
Ryan	Qu	14.15	13	Indy	Fearnall	14.75
Ruben	Singam	13.45	14	Elizabeth	Wong	14.55
DeShawn	McCarthy	12.93	15	Keira	Bunce	13.73
Bless	Jo	12.06	16	Holly P	O'Riley	14.33
Mitchell	Warrilow	12.21	17	Willow	Marshall	13.98
Callum	Charsley	12.79	18	Bethany	Smits	13.68
Lachlan	Angelatos	12.62	19			
200m			200m			
Hugo	Anderson	39.93	7	Coda	Smith-Carter	46.31
Harrison	Tondut-Newey	39.37	8	Stevie	Masten	41.62
Tex	Masten	35.35	9	Piper	Sampson-Neale	37.16
Benjamin	Holden	35.67	10	Amie	Gerard	37.08
Hendrix	Olislaegers	31.69	11	Milah	Santich	31.37
Michael	McKenzie	29.40	12	Evelyn	Turnbull	32.12
Oakley	Arangio	30.63	13	Indy	Fearnall	31.17
Ruben	Singam	27.69	14	Elizabeth	Wong	30.36
DeShawn	McCarthy	26.10	15	Keira	Bunce	28.96
Bless	Jo	23.98	16	Ava	Zuideveld	29.80
Mitchell	Warrilow	24.75	17	Willow	Marshall	27.53
Callum	Charsley	26.35	18	Bethany	Smits	28.21
Lachlan	Angelatos	26.05	19			
300m			300m			
George	Etherington	1:03.66	8	Milla	Stephenson	1:06.61
400m			400m			
Benjamin	Holden	1:17.21	10	Amie	Gerard	1:16.52
Hendrix	Olislaegers	1:12.32	11	Aaliyah	Jones	1:19.90
Haran	Sujivan	1:08.58	12	Sinead	Bernard	1:09.67
James	Guo	1:07.42	13	Emmerson	Jones	1:20.31
Ruben	Singam	1:03.56	14	Nevaeh	Artemis	1:08.58

DeShawn	McCarthy	1:01.53	15	Bailey	McCormick	1:12.13
Jaydon	Anthony	59.59	16	Ava	Zuideveld	1:06.49
Mitchell	Warrilow	54.71	17	Heidi	Palmer	1:12.89
Callum	Charsley	1:01.18	18	Kiani	Cunningham	1:07.93
Lachlan	Angelatos	56.91	19			
500m				500m		
Nate	Wigger	1:47.17	9	Eneh	Meszaros	1:52.89
800m				800m		
Benjamin	Holden	3:05.46	10	Amie	Gerard	3:07.71
Tibor	Meszaros	2:53.03	11	Aaliyah	Jones	2:43.14
Haran	Sujivan	2:45.32	12	Charlotte	Tondut-Newey	3:06.57
Elliott	Tan	2:44.10	13	Emmerson	Jones	2:38.56
Alfie	Gray	2:27.04	14	Nevaeh	Artemis	2:50.90
Jake	Stott	2:29.30	15	Eva	Issott	2:39.00
Jaydon	Anthony	2:11.64	16	Sarah	Cartwright	2:57.93
Mitchell	Warrilow	2:12.37	17	Heidi	Palmer	2:44.44
Callum	Charsley	2:39.59	18	Niamh	Jones	2:57.95
Lachlan	Angelatos	2:10.56	19			
1500m				1500m		
Haran	Sujivan	5:43.11	12	Fernanda	Perez Clark	6:25.42
Elliott	Tan	5:39.61	13	Emmerson	Jones	5:20.90
Alfie	Gray	5:05.63	14	Emerson	Taylor	6:18.44
Jake	Stott	5:00.75	15	Eva	Issott	5:36.44
Jaydon	Anthony	5:08.84	16	Sarah	Cartwright	6:08.49
Joshua	Goddard	5:10.09	17	Heidi	Palmer	5:42.90
			18	Niamh	Jones	6:24.16
Lachlan	Angelatos	4:33.69	19			
60m Hurdles				60m Hurdles		
Hugo	Anderson	13.13	7	Coda	Smith-Carter	13.30
George	Etherington	12.76	8	Stevie	Masten	12.92
Romeo	D'Ulisse	11.97	9	Sage	Hall	13.12
Koa	Paniora	11.85	10	Lily	Hood	12.34
Hugo	Gauci	11.64	11	Milah	Santich	12.30
80m Hurdles				80m Hurdles		
Haran	Sujivan	15.08	12	Fernanda	Perez Clark	16.94
John	Mcilroy	15.38	13	Kayley	Lassig	15.15
Ruben	Singam	14.42	14	Elizabeth	Wong	14.76
			15	Keira	Bunce	14.91
90m Hurdles				90m Hurdles		
DeShawn	McCarthy	13.69	15			
			16	Ava	Zuideveld	17.19
100m Hurdles				100m Hurdles		
Bless	Jo	19.30	16			
			17	Willow	Marshall	15.87
			18	Bethany	Smits	17.05
110m Hurdles				110m Hurdles		
Joshua	Goddard	17.70	17			
			18			
Matt	Cureton	18.70	19			

200m Hurdles				200m Hurdles			
Ruben	Singam	30.56	14	Elizabeth	Wong	34.00	
DeShawn	McCarthy	29.23	15	Keira	Bunce	33.43	
300m Hurdles				300m Hurdles			
Mitchell	Whiting	52.27	16	Ava	Zuideveld	54.33	
Joshua	Goddard	42.59	17	Willow	Marshall	52.43	
			18	Bethany	Smits	51.07	
Matt	Cureton	47.94	19				
700m Walk				700m Walk			
Henry	Cureton	5:03.78	10	Amie	Gerard	4:51.38	
1100m Walk				1100m Walk			
Hugo	Gauci	7:35.63	11	Isla	Chequer	7:27.81	
Adler	Jahn	7:24.72	12	Harlow	Paniora	7:51.62	
1500m Walk				1500m Walk			
Elliott	Tan	9:46.79	13	Kya	Brown	10:21.11	
Felix	Coad	12:42.21	14	Zahlia	McGinn	9:49.46	
High Jump				High Jump			
Koa	Paniora	1.10	10	Amie	Gerard	1.05	
William	Butler	1.14	11	Adele	Rowe	1.18	
Harry	Boyes	1.33	12	Sinead	Bernard	1.17	
John	Mcilroy	1.45	13	Mila	Howard	1.26	
Ruben	Singam	1.55	14	Zahlia	McGinn	1.35	
Chase	McGrath	1.42	15	Sienna	Gaspar	1.52	
Owen	Charsley	1.52	16	Ivy	Nadin	1.45	
Joshua	Goddard	1.65	17	Olivia	Stott	1.55	
			18	Zeva	Smith	1.35	
Lachlan	Angelatos	1.70	19				
Long Jump				Long Jump			
Hugo	Anderson	2.71	7	Coda	Smith-Carter	2.44	
Loui	Hawchar	2.93	8	Milla	Stephenson	2.75	
Tex	Masten	3.71	9	Claudia	Blowers	3.23	
Koa	Paniora	3.63	10	Amie	Gerard	3.56	
William	Butler	4.01	11	Milah	Santich	4.16	
Haran	Sujivan	4.12	12	Evelyn	Turnbull	3.68	
James	Guo	4.15	13	Kayley	Lassig	4.28	
Ruben	Singam	5.05	14	Elizabeth	Wong	4.70	
Silvanus	Chong	5.34	15	Sasha	Hodge	4.54	
Bless	Jo	4.75	16	Ivy	Nadin	4.68	
Zackary	Bishop	5.77	17	Willow	Marshall	5.02	
			18	Bethany	Smits	4.76	
			19				
Triple Jump				Triple Jump			
Haran	Sujivan	8.43	12	Harlow	Paniora	7.41	
John	Mcilroy	9.17	13	Kayley	Lassig	8.38	
Ruben	Singam	11.01	14	Elizabeth	Wong	9.83	
Silvanus	Chong	10.32	15	Sienna	Gaspar	9.10	
Mitchell	Whiting	9.42	16	Ivy	Nadin	9.53	
Zackary	Bishop	11.72	17	Lolani	Hatch	9.70	
Callum	Charsley	9.54	18	Bethany	Smits	9.92	
			19				

Vortex/Turbo/Javelin				Vortex/Turbo/Javelin			
Malin	Gunasena	14.46	7	Aria	Lujan Rocha	11.83	
George	Etherington	21.66	8	Lola	Howard	15.30	
Romeo	D'Ulisse	14.30	9	Sage	Hall	11.85	
Koa	Paniora	22.22	10	Amie	Gerard	21.28	
Maxfield	Harrison	23.93	11	Adele	Rowe	20.28	
Zach	Erasmus	23.35	12	Charlotte	Tondut-Newey	16.24	
John	Mcilroy	26.06	13	Mila	Howard	20.23	
Andrew	Goddard	28.19	14	Chloe	Eckermann	23.33	
DeShawn	McCarthy	23.36	15	Paige	Granato	27.24	
Owen	Charsley	25.49	16	Billie	Woods-Smith	24.70	
Joshua	Goddard	36.44	17	Charlotte	Dempsey	24.85	
Callum	Charsley	32.90	18	Olivia	Keady	24.43	
Matt	Cureton	36.55	19				
Discus				Discus			
Tas	Meszaros	8.70	7	Coda	Smith-Carter	10.07	
Apollo	Gauci	13.97	8	Lola	Howard	9.61	
Nate	Wigger	15.13	9	Grace	Noronha-Neville	10.12	
Koa	Paniora	18.43	10	Amie	Gerard	19.64	
Dylan	Bonsu	23.09	11	Siobhan	McCarthy	21.03	
Viktor	Stojanov	26.18	12	Anika	Nagra	16.94	
John	Mcilroy	24.70	13	Amina	Hajder	19.05	
Andrew	Goddard	26.17	14	Elizabeth	Wong	20.29	
DeShawn	McCarthy	26.15	15	Sienna	Gaspar	17.87	
Owen	Charsley	25.75	16	Claire	Vink-Mutton	20.43	
Griffin	Angelatos	29.85	17	Olivia	Stott	21.23	
			18	Zeva	Smith	23.70	
Matt	Cureton	26.56	19				
Shot Put				Shot Put			
Tas	Meszaros	4.55	7	Coda	Smith-Carter	3.73	
Apollo	Gauci	5.58	8	Lola	Howard	5.04	
Tex	Masten	6.34	9	Bree	Clearwater	4.98	
Koa	Paniora	6.13	10	Ayla	Smith-Carter	6.33	
Dylan	Bonsu	6.75	11	Siobhan	McCarthy	7.05	
Zach	Erasmus	8.41	12	Charlotte	Tondut-Newey	7.43	
John	Mcilroy	10.88	13	Arianne	Nadin	8.38	
Liam	Palmer	7.76	14	Amelie	Smits	7.94	
DeShawn	McCarthy	7.68	15	Keira	Bunce	7.71	
Bless	Jo	9.59	16	Gabrielle	Pike	9.10	
Griffin	Angelatos	11.00	17	Olivia	Stott	8.74	
Callum	Charsley	7.46	18	Zeva	Smith	9.63	
Matt	Cureton	9.92	19				

State Combined Events Championships 2025/26

Name	Age	Place	Points
Haran Sujivan	12	BRONZE	2358
Kayley Lassig	13	4 th	2475
Ruben Singam	14	7 th	2414

State Relay Championships Results 2025/26

State Track Relay Championships Results

BOYS		GIRLS	
4 x 100m		4 x 100m	
U10	10th	U10	11th
U11	5th	U11	SILVER
U12	5th	U12	12th
U13	9th	U13	7th
U14	4th	U14	12th
U15	BRONZE	U15	4th
U16	SILVER	U16	6th
U17/18	BRONZE	U17/18	GOLD
Swedish		Swedish	
U10	8th	U10	10th
U11	5th	U11	SILVER
U12	4th	U12	12th
U13	9th	U13	BRONZE
U14	BRONZE	U14	9th
U15	5th	U15	4th
U16	BRONZE	U16	7th
U17/18	4th	U17/18	GOLD

State Field Relay Championships Results

BOYS		GIRLS	
	Result		Result
U10	DNF	U10	BRONZE
U11	7th	U11	4th
U12	10th	U12	12th
U13	10th	U13	10th
U14	11th	U14	10th
U15	12th	U15	6th
U16	-	U16	DNF
U17/18	-	U17/18	11th

WA 60m State Championships

U16 South Island Championships		
Age	Athlete	
GOLD - Boys		
16	Bless	Jo
BRONZE – Boys		
14	Ruben	Singam

WA State Junior Championships 2025/26

Age	Athlete		Event		Age	Athlete		Event
GOLD - Boys					GOLD - Girls			
14	Wesley	Kay	Pole Vault		13	Emmerson	Jones	800m
16	Jaydon	Anthony	800m					
16	Bless	Jo	200m					
PA17	Griffin	Angelatos	Shot Put	NR				
PA17	Griffin	Angelatos	Discus	NR				
PA17	Griffin	Angelatos	Javelin	NR				
18	Kiran	Jose	400m					
SILVER – Boys					SILVER - Girls			
14	Alfie	Gray	1500m		13	Emmerson	Jones	1500m
15	Deshawn	McCarthy	100mH		13	Kayley	Lassig	80mH
16	Bless	Jo	100m		14	Zahlia	McGinn	High Jump
16	Bless	Jo	400m		17	Willow	Marshall	200m
16	Mitchell	Whiting	2000m Steeplechase					
PA17	Mitchell	Warrilow	400m					
BRONZE – Boys					BRONZE – Girls			
13	John	McIlroy	Triple Jump		13	Kayley	Lassig	Long Jump
13	John	McIlroy	High Jump		15	Sienna	Gasper	High Jump
13	John	McIlroy	Discus					
14	Kaden	Ogle	Shot Put					
14	Kaden	Ogle	Javelin					
14	Kaden	Ogle	Discus					
14	Ruben	Singam	High Jump					
14	Ruben	Singam	200mH					
14	Ruben	Singam	Triple Jump					
17	Joshua	Goddard	High Jump					
PA17	Mitchell	Warrilow	200m					
17	Zackary	Bishop	Long Jump					
NR = National Record								

WA State Senior Championships 2025/2026

WA State Senior Championships 2020/2021							
Athlete		Event		Athlete		Event	
GOLD - Boys				GOLD - Girls			
Para	Mitchell	Warrilow	200m	Emma	Kempson	Javelin	
SILVER – Boys				SILVER - Girls			
	Kiran	Jose	400m	Tahlia	Kitson	Discus	
Para	Raynor	Keane	800m				
Para	Raynor	Keane	1500m				
BRONZE – Boys				BRONZE – Girls			

Little Athletics WA Challenge 2025/26

Little Athletics WA Challenge 2020/21							
Age	Athlete		Event	Age	Athlete		Event
1st - Boys				1st - Girls			
				11	Adele	Rowe	Turbo Jav
				11	Milah	Santich	70m
				11	Milah	Santich	100m
				11	Siobhan	McCarthy	Discus
2nd – Boys				2nd - Girls			
				10	Ayla	Smith Carter	Shot Put
				10	Amie	Gerard	Turbo Jav
3rd – Boys				3rd – Girls			
9	Nate	Wigger	60mH	9	Eneh	Meszaros	500m
11	Hendrix	Olislaegers	200m	11	Milah	Santich	200m
				11	Milah	Santich	Long jump
				11	Siobhan	McCarthy	Shot Put
				11	Eda	Minisker	400m

Australian Junior Track and Field Championships 2025/2026*

Australian Junior Track and Field Championships 2020/2021							
Age	Athlete		Event	Age	Athlete		Event
GOLD - Boys				GOLD - Girls			
16	Bless	Jo	400m				
SILVER – Boys				SILVER - Girls			
14/15	Bless	Jo	100m	20	Emma	Kempson	Javelin
PA17	Griffin	Angelatos	Javelin				
PA17	Griffin	Angelatos	Shot Put				
18	Kiran	Jose	400m				
14	Ruben	Singam	4x100m				
17	Zackary	Bishop	4x100m				

BRONZE – Boys				BRONZE – Girls			
16	Bless	Jo	200m				
16	Bless	Jo	4x100m				
PA17	Griffin	Angelatos	Discus				

Oceania Championships 2025/2026*

Age	Athlete		Event
GOLD			
MensPara	Mitchell	Warrilow	400m
Mens Para	Mitchell	Warrilow	800m
SILVER			
MensPara	Mitchell	Warrilow	200m
BRONZE			

2026 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			

2026 State Cross Country Championships

2020 State Cross Country Championships				2020 State Cross Country Championships					
Age	Athlete			Event	Age	Athlete			Event
GOLD – Boys					GOLD - Girls				
SILVER – Boys					SILVER - Girls				
Amb	Raynor	Keane	3000m CC						
BRONZE – Boys					BRONZE - Girls				
U12	Harvey	Clarke	3000m						

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 Club by a Melville athlete.

Note:

1. Timing gates were purchased and introduced in 2006/07 season. Club 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 2025/26 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	2026	H Anderson	MEL	39.93(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	2004	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	2024	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	
U13	1975	K Davies	RM	2:19.6	2016	C Kenny	PB	2:27.83(e)	
	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	2026	L Angelatos	MEL	2:10.56(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	2026	L Angelatos	MEL	4:33.69(e)	2025	S Smith	MEL	7:56.49(e)	
60m Mini Hurdles					60m Mini Hurdles				
U7	2024	L Hawchar	LM	12.29(e)	2026	C Smith-Carter	MEL	13.30	
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 Brolsma	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					2026	W Marshall	MEL	15.87(e)	
U18					2014	A Reid	PB	15.83	
110m Hurdles					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	2026	J Goddard	MA	42.59(e)	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					1100 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 Meadowcroft	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 Meadowcroft	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 Scissors					High Jump Scissors			
U10	2022	W Kay	LM	1.22	2014	M Kenny	PB	1.15
U11	2022	W Kay	BW	1.28	2014	S Eastaugh		1.19
U12	2012	E Vietti	PB	1.36	2014	S McCay-Tuckerman	BB	1.29

High Jump Flop					High Jump Flop			
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	2026	Lola Howard	MAC	5.04
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	2002	D Prigmore	PB	45.12					
U18	2022	X Miller	BW	40.86					
Open	2025	C Aziz	MAC	34.50					

Open Records

AT Attadale BB Bateman/Bull Creek BW Brentwood KD Kardinya CW Carawatha/Willagee SP Spearwood	LM Leeming MW Melway/Winthrop COO Coolbellup LYN Lynwood ARD Ardross KIT Kitchener	MP Mount Pleasant OL Olympia PB Palmyra/Bicton RM Rossmoyne HIL Hilton
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Open records are recognised where a registered Melville Little Athletics Club 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 Club 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)	
					2021	J Sepi-Ulukita	PB	13.87(e)	
U8	2011	J Cleaver	BW	11.64	2014	A Mott	LM	11.99	
					1981	D Evans	OL	11.00	
U9	1986	G Meadowcroft	OL	10.40	1997	K Elliss	PB	11.00	
U10	2007	L McDermott	PB	9.70	1977	M Eldrid	MW	10.1	
U11	198	S Hair	KD	9.80	1992	A Harding	BB	10.10	
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	2026	H Anderson	MEL	39.93	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	2015	K Speechley	OL	57.48
U16	2015	N George	LM	51.0	1999	B Wood	OL	57.60
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	2018	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	2026	C Smith-Carter	Mel	13.30
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				
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					2026	W Marshall	MEL	15.87
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	2026	J Goddard	MEL	42.59	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
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 Liddelaw	PB	6.40				
U18	2011	M Craggs	AK	6.69	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	2015	C Blackman	OL	11.73
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 Scissors					High Jump Scissors			
U10	2022	W Kay	BW	1.22	2014	M Kenny	PB	1.15
U11	2022	W Kay	BW	1.28	2014	S Eastaugh		1.19
U12	2012	E Vietti	PB	1.36	2014	S McCay-Tuckerman	BB	1.29
High Jump Flop					High Jump Flop			
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 Schirmer	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	2026	A Rowe	MEL	25.55
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	2015	L Ilievski	OL	45.96
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 1.0k			
U7	2022	C Singleton	LM	4.66	2022	S McCarthy	BW	4.77
U8	2024	T Masten	PB	5.95	2026	Lola Howard	MEL	5.04
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	2000	D Prigmore	PB	51.18	1992	B Payze	PB	38.10
U16	1991	C Roebuck	MW	47.28	1993	B Payze	PB	39.68
U17					2004	L Smith	LM	42.34
U18					2009	S Fenwick	OL	38.03
Discus 1.5kg								
U17	2002	D Prigmore	PB	45.12				
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:

U7 – U10 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.

U11 – U15 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.

U16 – U19+ 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.

	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Mat size	1m	1m	0.5m	0.5m	0.5m	0.2m	0.2m	0.2m	0.2m	0.2m	0.2m	0.2m
Distance from Pit	20cm	20cm	0.5m	0.5m	0.5m	1m	1m	1m	2m	2m	2m	2m

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	400g	600g	700g	700g	700g	700g
GIRLS	Vortex	Vortex	Turbo	Turbo	Turbo	400g	400g	400g	500g	500g	500g	500g

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.

In return, sponsors will receive prominent brand exposure through our club's social media channels, event signage, newsletters, and team apparel. We also offer opportunities for community engagement and recognition at club events, giving your business a visible and positive presence among local families and supporters.

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.



HEAR THE ROAR

Hurdles

The colour coding for hurdles spacing on the tape is:

110m	Blue	Boys U17-U18	Girls U17-U18
100m	Yellow	Boys U16	Girls U16
90m	White	Boys U15	Girls U12-U15
80m	Red	Boys U12-U14	Girls U7-U11
60m	Black	Boys U7-U11	

BOYS	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18		U14	U15	U16	U17	U18
Distance (m)	60	60	60	60	60	80	80	80	90	100	110	110		200	200	300	300	300
Height (cm)	30	30	45	45	60	60	68	76	76	76	76	76		68	76	76	76	76
Run In (m)	12	12	12	12	12	12	12	12	13	13	13.72	13.72		20	20	50	50	50
Distance between (m)	7	7	7	7	7	7	7	7	8	8.5	9.14	9.14		35	35	35	35	35
Run Out (m)	13	13	13	13	13	12	12	12	13	10.5	14.02	14.02		40	40	40	40	40
Number of flights	6	6	6	6	6	9	9	9	9	10	10	10		5	5	7	7	7
GIRLS	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18		U14	U15	U16	U17	U18
Distance (m)	60	60	60	60	60	80	80	80	90	100	100	100		200	200	300	300	300
Height (cm)	30	30	45	45	60	60	68	76	76	76	76	76		68	76	76	76	76
Run In (m)	12	12	12	12	12	12	12	12	12	13	13	13		20	20	50	50	50
Distance between (m)	7	7	7	7	7	7	7	7	7	8	8.5	8.5		35	35	35	35	35
Run Out (m)	13	13	13	13	13	12	12	12	12	13	10.5	10.5		40	40	40	40	40
Number of flights	6	6	6	6	6	9	9	9	9	9	10	10		5	5	7	7	7

Melville Little Athletics Club - 2026-2027 – PROGRAM 2

	7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B	12G	13B	13G	14B	14G	15B	15G	16-19B	16-19G
	SP	60MH	SP	60MH			LJ	60MH			1500M			1500MW	1500M	1500MW	DISCUS	JAVELIN		
						60MH			DISCUS	1100MW			1500M			JAVELIN				
	LJ	DISCUS	LJ	DISCUS	SP			700MW							HJ					
																	1500M			1500M
								TURBO	SP		HJ		TJ	80MH		80MH				
						500M				LJ						80MH			80MH	90/100MH
	70M	VORTEX	70M	70M	70M		DISCUS													
									70M		TJ	SP				800M	200MH	800M	300MH	800M
	200M		200M			TURBO	70M	800M	HJ				DISCUS	LJ	200MH					
				300M	200M		100M				100M	800M						LJ	HJ	SP
						DISCUS							400M		TJ					
								HJ	400M					SP						
		100M		100M	LJ						DISCUS	JAVELIN								
						100M											SP	400M		400M
							400M								400M					
												200M		JAVELIN		200M		LJ		LJ
							SP				400M						TJ			
								200M	100M											
												LJ	100M		DISCUS				200M	
														200M	100M					
																	100M			100M

- The program will commence on time at 7:45am (or 4:45pm for twilight's) with the first marshal call approximately 5 minutes before the start time. Finishing time is approx. 12 noon. These times are indicative only.
- 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 19+ 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.

Melville Little Athletics Club – 2026-2027 – PROGRAM 1

7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B	12G	13B	13G	14B	14G	15B	15G	16-19B	16-19G
60MH	SP	60MH	SP			700MW	LJ	60MH	HJ		1500M	1500MW		1500MW	HJ	JAVELIN	1500M	JAVELIN	DISCUS
				60MH		60MH							1500M	JAVELIN			DISCUS		
					SP			1100MW		1100MW									1500M
DISCUS	LJ	DISCUS	LJ	TURBO		HJ				80MH		80MH	TJ	80MH	1500M	90MH		00/10MH	
								LJ	SP		HJ			80MH					
												800M		800M					
VORTEX	70M	VORTEX	70M	500M	70M		DISCUS			SP	TJ	LJ	DISCUS		200MH	800M	200MH	800M	300MH
									70M										
	200M		200M			800M		800M				LJ	DISCUS						
					200M					800M	100M								
		300M					100M	TURBO						LJ		SP	HJ	SP	HJ
				DISCUS											TJ				
100M		100M			LJ		200M	400M		JAVELIN	DISCUS	SP							
				100M										SP			400M		400M
						TURBO	400M		DISCUS	200M		JAVELIN				LJ		LJ	
														200M					
						200M	SP				400M						TJ		TJ
									100M										
										LJ			100M					200M	
												200M			100M		100M		100M

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