

# Melville Athletics Centre



**2019/20**  
**Annual Handbook**

**[melvilleroar.com](http://melvilleroar.com)**





# MELVILLE ROAR

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

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Dear Members,

Welcome to the 2019/2020 season with Melville Roar.

Dedicated parents and athletes make the world of athletics rotate with a common goal of family fun and fitness. Melville Roar has a strong community spirit and we request that you actively participate by getting involved and assist in making Melville the premier athletics Centre within WA. As parents we are all aware of the behind the scenes efforts to make our Centre and competition run efficiently. This enables our children to simply participate and enjoy themselves then return home at the end of competition with a sense of total satisfaction.

The reality of running a Centre is a big commitment and there needs to be a balance and our committee has once again worked extremely hard to maintain the Centre in good shape for the future of Melville Roar. Several of our long serving members of the Executive Committee have reached the next phase in their athletics journey and we encourage all members to consider nominating for our vacant positions as a way to support your children, involve yourselves and learn more. There will be ample care and support for those willing to assist and have a go.

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

We are in a privileged position to watch our athletes develop in the domains of physical, emotional, social and individual performance and become better for the experience. Let's continue to support our athletes and assist where we can to support the competition, committees and most of all the wellbeing of our athletes, ensuring they enjoy and learn from their experiences.

We sincerely thank everyone for their contribution which they are about to make, and remember we do it for the athletes, one smile and your day is made. Enjoy the season and remember if you have any questions please don't hesitate to ask.

Kind regards - MAC Executive Committee

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# Melville Little Athletics Competition Program

| Day                    | Date         | Time    | Event   | BBQ | Venue               |
|------------------------|--------------|---------|---|-----|---------------------|
| <b>2019</b>            |              |         |   |     |                     |
| Saturday               | 12 Oct       | 7:30 am | Program 1   | MAC | Len Shearer Reserve |
|                        | 19 Oct       |         | Program 2   | BW  |                     |
|                        | 26 Oct       |         | Program 1   | LM  |                     |
|                        | 2 Nov        |         | Program 2 (PCH dress-up H'ween)                           | OL  |                     |
|                        | 9 Nov        |         | Program 1   | PB  |                     |
|                        | 16 Nov       |         | Program 2   | MAC |                     |
| Sunday                 | 17 Nov       | TBC     | Junior Athletics Carnival<br>(Tiny Tots, U6, U7, U8 & U9) |     | Ern Clarke          |
| Saturday               | 23 Nov       | 7:30 am | Program 1   | BW  | Len Shearer Reserve |
|                        | 30 Nov       |         | Program 2   | PB  |                     |
|                        | 7 Dec        |         | Program 1   | OL  |                     |
| Friday                 | 13 Dec       | 4:30pm  | Program 2   | MAC |                     |
| Saturday               | 14 Dec       | TBC     | State Relay Championships                                 | -   | WA Athletic Stadium |
| <b>CHRISTMAS BREAK</b> |              |         |   |     |                     |
| <b>2020</b>            |              |         |   |     |                     |
| Saturday               | 18 Jan       | 4:30 pm | Program 1 (and Pro-Races)                                 | MAC | Len Shearer Reserve |
| Wednesday              | 22 Jan       |         | Program 2   | LM  |                     |
| Saturday               | 1 Feb        | 7:30 am | Program 1   | PB  |                     |
| Friday                 | 7 Feb        | 4:30pm  | Program 2   | OL  |                     |
| Sat/Sun                | 8/9 Feb      | TBC     | State Combined Event Champs                               | -   | WA Athletic Stadium |
| Sat/Sun                | 15/16 Feb    | TBC     | Zones Championships                                       | -   | TBC                 |
| Saturday               | 22 Feb       | 7:30 am | Centre Champs - Program 1                                 | MAC | Len Shearer         |
| Saturday               | 7 Mar        | 7:30 am | Centre Champs - Program 2                                 | MAC | Len Shearer         |
| Sunday                 | 8 Mar        | TBC     | Centre Wind-up  |     | Len Shearer         |
| Fri, Sat & Sun         | 13,14&15 Mar | TBC     | State T & F Championships                                 |     | WA Athletic Stadium |

# Melville Athletics Centre Executive – 2019/20

|  |  |   |
|--|--|---|
| <b>PRESIDENT</b>   |  | <b>TREASURER</b>                              |
| Carole Adams<br>melvilleroarpresident@gmail.com                            |  | Clayton Sharp                                 |
|  |  |   |
| <b>ARENA MANAGER</b>   |  | <b>CHAMPIONSHIPS/OFFICIALS MANAGER</b>        |
| Graham Cowin   |  | Vacant  |
|  |  |   |
| <b>TECHNICAL MANAGER</b>   |  | <b>SENIORS MANAGER</b>                        |
| Mark Ainsworth   |  | Mark Blackman                                 |
|  |  |   |
| <b>WINTER COMPETITION MANAGER</b>  |  | <b>CANTEEN MANAGER</b>                        |
| Jodie McArthur<br>melvillewinter@gmail.com                                 |  | Marie Ainsworth                               |
|  |  |   |
| <b>COACHING &amp; DEVELOPMENT MGR</b>                                      |  | <b>EXECUTIVE OFFICER</b>                      |
| Vacant   |  | Brett Stokes<br>macexecutiveofficer@gmail.com |
|  |  |   |
| Any queries to committee members should be addressed to:                   |  |   |
| <a href="mailto:committee@melvilleroar.com">committee@melvilleroar.com</a> |  |   |
| <b>ADDITIONAL KEY ROLES</b>  |  |   |
|  |  |   |
| <b>Assistant Arena Manager</b>   |  | <b>First Aid Officer</b>                      |
| Vacant   |  | Natasha Clutterbuck                           |
|  |  |   |
| <b>Website Manager</b>   |  |   |
| Steven Kempson   |  |   |
| <a href="mailto:website@melvilleroar.com">website@melvilleroar.com</a>     |  |   |

# Melville Little Athletics Centre Life Members

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We wish to recognise and extend our appreciation for exceptional service to our 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     | Darren Wright        | Teresa Blackman   | Julie Pearman-Johns    |
| Brett Johns      | Mark Blackman        |                   |                        |

## Eric Christian Athlete Life Membership

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From the commencement of the 2014/15 Season, this award was named after life member, Mr. Eric Christian. Established in 2012-13 we wish to recognise the dedication and contribution of athletes who have been registered and competed with Melville from U7-U17.

- 2013 Alyx Robinson (PB).
- 2014 Nicole (Bobbi) Clark (LM) & Kate Holt (OL).
- 2016 Andrew Gill (PB), Reid Hinton (OL) & John Craggs (BB).
- 2017 Mikayla Johns (PB) & Jizelle Kenworthy-Groen (BB).
- 2018 Caitlin Blackman (OL), Isabella Reeves (PB) & Raynor Keane (BW).
- 2019 Laura Hegedus (LM), Lyndon Kenworthy-Groen (LM) & Courtney Johns (PB).

## Structure of Little Athletics

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**Clubs** – Each Club is managed by a Committee of volunteers and is associated with a particular Centre. Melville has four Clubs each identified by different coloured uniforms. Each member belongs to one of the clubs and competes as a member of that Club at the Centre weekly competitions.

**Centre** – the Centre is the body that organises and conducts the weekly competitions for all athletes. At State and Winter Competitions, athletes wear their Centre, Melville Roar uniform. Melville holds their monthly Executive Committee Meetings on the first Tuesday of each month. The AGM shall be held at the completion of the Summer season.

**Zone** – A Zone is a group of Centres in an area responsible for conducting the local heats / quarter finals of the LAWA State Track and Field Championship. For U7-U8's this is the final competition of the season and medals are awarded for the first three in each event.

**Little Athletics Western Australia Inc (LAWA)** – LAWA is the State body for Little Athletics. LAWA is the governing body in WA. For more information see: [www.walittleathletics.com.au](http://www.walittleathletics.com.au)

**Little Athletics Australia (LAA)** – LAA is the national organisation for Little Athletics in Australia. For more information see: [www.littleathletics.com.au](http://www.littleathletics.com.au)

## Club Contact Information

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| <b>BRENTWOOD</b>      |   |
|-----------------------|---|
| Contact:              | Registrar –Tara Pike<br>littleathleticsbrentwood@gmail.com  |
| Uniform:              | Brentwood club singlet with black shorts                    |
| Training Night:       | Wednesday 4:30–6pm  |
| Training Ground:      | Brentwood Primary School                                    |
| <b>LEEMING</b>        |   |
| Contact:              | Registrar – Libby Garrigan<br>leemingstars@gmail.com        |
| Uniform:              | Leeming club singlet & black shorts                         |
| Training Night:       | Wednesday 4:45-6:15pm                                       |
| Training Ground:      | Beasley Oval, Cnr Karel Ave and Beasley Road                |
| <b>OLYMPIA</b>        |   |
| Contact:              | Registrar – Suzy Kitson<br>olympiaregistrar@gmail.com       |
| Uniform:              | Olympia club singlet & black shorts                         |
| Training Nights:      | Wednesday 4:45-6pm  |
| Training Ground:      | Marmion Reserve, Melville                                   |
| <b>PALMYRA/BICTON</b> |   |
| Contact:              | Registrar – Ginetta Bernard<br>palbiclacregistrar@gmail.com |
| Uniform:              | Palmyra/Bicton club singlet & black shorts                  |
| Training Night:       | Wednesday 4:30 – 6pm  |
| Training Ground:      | Palmyra Primary School                                      |



# Program 1

|                                    | TWILIGHT | 6B     | 6G    | 7B     | 7G    | 8B    | 8G   | 9B    | 9G   | 10B   | 10G  | 11B    | 11G   | 12B    | 12G   | 13B    | 13G   | 14B     | 14G   | 15/16/17B | 15/16/17G |
|------------------------------------|----------|--------|-------|--------|-------|-------|------|-------|------|-------|------|--------|-------|--------|-------|--------|-------|---------|-------|-----------|-----------|
| SETUP OF ALL TRACK AND FIELD SITES |          |        |       |        |       |       |      |       |      |       |      |        |       |        |       |        |       |         |       |           |           |
| 7:20                               | 4:20     |        |       |        |       |       |      |       |      |       |      |        |       | 1500MW |       | 1500MW |       | WaikJav | D     | WaikJav   | D         |
| 7:45                               | 4:45     | 60MH   | SP    | 60MH   | SP    |       |      | 700MW | LJ   | 60MH  |      |        | 1500M |        | 1500M | JAV    |       |         |       |           |           |
|                                    |          |        |       |        |       | 60MH  | SP   |       |      |       |      | 1100MW |       |        |       |        |       |         |       |           |           |
|                                    |          | D      |       | D      |       |       |      |       |      |       |      |        |       |        |       |        |       |         |       | 1500M     | 1500M     |
|                                    |          |        |       |        |       | 500M  |      | TURBO |      |       | SP   |        | HJ    | 80MH   | TJ    | 80MH   | 1500M |         |       | 100/110MH |           |
|                                    |          |        |       |        | 70M   |       |      |       | D    | LJ    |      |        |       | 800M   |       |        |       |         |       |           |           |
|                                    |          | Vortex |       | Vortex |       |       | 70M  |       |      |       | SP   |        | TJ    |        |       | 800M   |       |         |       |           |           |
|                                    |          |        |       |        |       |       |      |       | 70M  | 800M  |      |        |       |        |       |        |       | 800M    | 200MH | 800M      | 300MH     |
|                                    |          |        | 200M  |        | 200M  | TURBO |      | 800M  |      |       | HJ   |        |       |        |       |        |       |         |       |           |           |
|                                    |          | x      |       | 300M   |       |       | 200M |       | 100M | TURBO |      | 800M   | 100M  |        |       |        |       |         |       |           |           |
|                                    |          |        |       |        |       | D     |      |       |      |       |      |        |       |        | 400M  |        |       | SP      | HJ    | SP        | HJ        |
|                                    |          |        |       |        |       |       |      | HJ    |      |       | 400M |        |       | SP     |       |        |       |         |       |           |           |
|                                    |          | 100M   |       | 100M   |       |       | LJ   |       |      | 200M  |      | JAV    | D     |        |       |        |       |         |       |           |           |
|                                    |          |        | Lj@fj |        | Lj@fj | 100M  |      |       |      |       |      |        |       |        |       |        |       |         |       |           |           |
|                                    |          |        |       |        |       |       |      |       | 400M |       | D    | 200M   |       | JAV    |       |        |       |         |       |           |           |
|                                    |          |        |       |        |       |       |      |       |      |       |      |        |       |        |       |        |       |         |       |           |           |
|                                    |          |        |       |        |       |       |      | 200M  | SP   |       |      |        | 400M  |        |       | 200M   |       |         |       |           |           |
|                                    |          |        |       |        |       |       |      |       |      | 100M  |      |        |       |        |       |        |       |         |       |           |           |
|                                    |          |        |       |        |       |       |      |       |      |       |      |        |       |        | 100M  |        |       |         |       |           |           |
|                                    |          |        |       |        |       |       |      |       |      |       |      | LJ     |       |        |       |        |       |         |       | 200M      | 200M      |
| 12:10                              | 9:10     |        |       |        |       |       |      |       |      |       |      |        |       | 200M   |       |        |       |         |       |           | 100M      |
| <u>FINISH</u>                      |          |        |       |        |       |       |      |       |      |       |      |        |       |        |       |        |       |         |       |           |           |

Program will commence on time at 7:45am / 4:45pm. First marshal call is at 7:35am / 4:35pm. These are indicative times only as program will at times be ahead or behind schedule. It is the responsibility of all athletes to listen for the marshalling calls.

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



# Club Rosters

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## Equipment and Club Rosters

Club parents on roster are responsible for setting up and putting away the equipment for each site on competition days. All parents should receive a roster of duties from their respective club. The equipment is to be set up by 7.20am for morning meets and 4.20pm for twilight meets. Please arrive by 7.15am/4.15pm, sign on for your roster at the sign-in desk in front of the shed door and proceed to your site and prepare it for competition. Race walks begin at 7:45 (4:45 for Twilights) so those assisting with walks need to arrive by 7:15am to set up for timekeeping, recording and judging these events.

There are files for each event which need to be collected by the key official from the sign-in desk and taken to each site for recording. These files are to be returned to the sign-in desk on the completion of competition.

Sites must set up and ready in all respects for competition at the allocated time. We have an Arena Manager, an Assistant Arena Manager and other Committee members available if assistance is required. Delays in the program can nearly always be attributed to what happens at the commencement of competition, so please help us start the competition on time.

All equipment is to be returned correctly to the Equipment Shed on completion of competition and any deficiencies reported to the Technical Manager.

Each club is allocated a field site as their primary roster duty and is responsible for ensuring the efficient running of this site for the duration of the season. Clubs will maintain responsibility for their allocated site for two years when the sites will then be rotated – due 2020/2021. Club members will be responsible for setting up and putting away equipment and shade tents. Further information can be found in the By-Laws. Other major duties are open to clubs for nomination and if no nomination is received the duties will be allocated. Other duties will be distributed between clubs as deemed appropriate by the Championships/Officials Manager and will be aligned to registration numbers.

The Technical Manager can help with all requests and information in relation to the Melville Little Athletics equipment and is generally located in the equipment shed area at the commencement and completion of competition.

The athletics roster system is dependent on many volunteers doing their part. Each club will allocate their rosters to the parents of the club. If a family fails to participate by not completing their rostered duty they will be given a warning by the Club Manager. Failure to complete a rostered duty on a second occasion may result in the family's athlete/s not being allowed to compete at the Centre for the remainder of the season. Consideration will also be given to not permitting the family to register with the Centre the following season.

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

# General Information

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## Competition Facilities

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

Due to safety, no athlete or parent is permitted to use the field equipment during competition unless authorised by the Key Official in attendance.

## Age Grouping and Registration

Little Athletics cater for boys and girls aged between 5 and 16 for enrolment in the U6-U17 age groups. The registration period is from 1 October to 30<sup>th</sup> September.

A child's age group is determined from the child's age on as at midnight 31 December. A birth certificate (or alternative 'proof of age') must be sighted by the Club Registrar to demonstrate proof of age for all new registrations.

An athlete will remain in the same age group for the Summer and Winter seasons.

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

## Winter Season and Registration

Athletes registered for the summer athletics season are automatically registered for the Winter season and may participate in the Winter Competition upon completing the Results HQ online registration.

The Winter season program is set and run by the Officer for Winter Competition of the WA Little Athletics Association. The winter competition is alternated between cross country runs and road walks each Saturday afternoon, at various locations. The winter program is available towards the end of the summer season and can be downloaded from the LAWA website.

## **MELVILLE ROAR SENIORS**

Melville Little Athletes that are turning 12 years of age or older in year of competing (i.e. minimum age must be turning 12 on, or before 31 Dec 2019) are allowed to be registered to compete at a Seniors meet.

Melville Athletics Club, otherwise known as Melville ROAR Seniors, is affiliated with Athletics WA, who conducts all athletics meets at the WA Athletics Stadium. All Melville Little Athletics athletes wishing to compete must register for the season 2019/2020. The cost will be \$45, with a reduced meet fee of \$18 per meet.

The majority of senior's competitions are conducted as twilights under lights at the WA Athletic Stadium, Stephenson Avenue, Mt Claremont. The calendar of events along with timetables of events can be found on the Athletics WA website - [waathletics.org.au](http://waathletics.org.au). You can compete at seniors in black shorts or bike style running pants and either the Melville ROAR competition singlet or a Melville ROAR crop-top. To purchase a top, please email; [ryanfm12@bigpond.com](mailto:ryanfm12@bigpond.com)

For further information regarding Melville seniors you can email the following email; [seniors@melvilleroar.com](mailto:seniors@melvilleroar.com)

### **Program Management at MAC**

Events are directed by the announcer over the PA system from the start to completion of the program. The announcer will endeavour to keep all events rotating. Competitors and parents need to listen out for the announcer throughout the day, as there may be slight changes to event marshalling. Events are programmed for a minimum delay whilst providing adequate breaks for each age group and being cognisant of the number of athletes in age groups to be rotated. The Arena Manager and Assistant Arena Manager, working closely with the announcer, may modify the program if/when problems arise to ensure that an early as possible finish is achieved. There may be times when an athlete may need to choose which event they wish to compete in where there is a clash of events. Any program issues need to be raised with your Club Manager in the first instance.

### **Complaints**

Any complaints must be raised through your Club Manager. It is the Club(s) responsibility to take complaints or any discrepancies to the Melville Centre President or Arena Manager (preferably in writing) in a timely manner, so that matters can be dealt with fairly and appropriately.

### **Accidents and First Aid**

All accidents are to be reported immediately to the First Aid Officer. A small first aid area is set up inside the roller door of the equipment shed during each competition. An Injury Report Form must be completed and lodged with the First Aid Officer. The club hosting the BBQ will be the club responsible for First Aid on that competition day.

## **Insurance: Competitors and Parents**

Competitors and voluntary helpers are insured whilst engaged in any official Association, Centre or Club activity including, but not limited to, training sessions, working bees, and officiating. Athletes are automatically insured as part of their registration. Parents/guardians must sign on when officiating to ensure coverage. Only medical expenses not recoverable from any Medical or Hospital Benefit Scheme may be claimed.

**Note:** Each club is to provide an attendance book at training for coaches and parent helpers to sign in for each training session.

## **Working with Children Regulations**

Any Volunteer who is not a parent of a child participating must get a Working With Children clearance available at your local Post Office or on the website [www.checkwwwc.wa.gov.au](http://www.checkwwwc.wa.gov.au). These forms are to be given to the Centre Executive Officer who will maintain a register.

## **BBQ: Club Level Fundraising Protocols**

Dates will be bid for and allocated at a Centre committee meeting prior to the commencement of the summer season. The club that hosts the BBQ is also responsible for supplying a qualified First Aid Officer for the Centre on that competition day.

Whilst there is no cost to clubs to use the centre BBQ for their allocated BBQ, clubs will be responsible for supplying their own gas. If the Centre gas is used clubs are to pay \$30.

### **Each Club is to:**

1. Erect shade tent over BBQ
2. Erect trestles for serving of food
3. Organise money and change to form a float for the day.
4. Follow Melville Council hygiene procedures.
5. Ensure all equipment is cleaned prior to packing up and storage.

## **Parental / Spectator Behaviour**

All officials at Melville are volunteers and deserve respect from athletes and parents/spectators. Due to the nature of sport there will be times when errors will occur. If there is an issue with the operation of a site, this must be raised as soon as practical through your Club Manager and not with the volunteers on site.

If there is disruption by a parent or spectator on site this will be considered a breach of the Code of Behaviour and result in a warning or penalty (see Code of Behaviour for further information).

## **Centre Captains**

The Executive Committee shall seek nominations from all interested U17 athletes at the completion of their U16 year and shall appoint two Centre Captains for the following season. The appointment of Centre Captains shall be announced at the first competition of the season. The Centre Captains will be the Centre representatives as required.

### **The Melville Captains for the 2019-2020 Season are:**

Tara Aziz (Leeming)

Jayden Ormerod (Leeming)

# Rules for Melville Competition

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## Events

All events are conducted in accordance with the rules as set by the Little Athletics Association or as determined by the Melville Centre Executive. LAWA rules are available on the website [www.walittleathletics.com.au](http://www.walittleathletics.com.au). MAC specific rules are listed in this book.

## Shoes and Spikes

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

- Athletes in U6-U10 may not wear spike shoes.
- Athletes in U11-U12 may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin.
- Athletes in U13-U17 may wear spike shoes in all track events except walks. Spike shoes may also be worn for long jump, triple jump, high jump and javelin.
- All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks installed.
- Spike shoes may only be worn during an event and are not to be worn to and from an event.
- Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11.
- Spike length is subject to ground policies. LAWA Rules of Competition specify spike requirements for the WA Athletics Stadium.
- Melville Centre permits running and jumping shoe spikes up to 7mm of the 'Christmas Tree' or 'Pyramid' shape.

## Code of Safety for the Wearing of Spiked Shoes

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

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

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

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



## **Club Uniform**

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

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

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

## **Centre Uniforms**

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

The Melville Centre uniform consists of:

- Orange & black top with Tiger Motif. Plain black shorts, briefs, or cycle shorts. No advertising logos greater than 5cm x 3cm are allowed. (Black tape can be placed over logos if needed).
- The age group and registration number must be transferred onto this top.
- Bike shorts may be worn, must finish above the knees and be solid black with no other colour showing (including stitching).
- Centre singlets may be purchased from the Championships & Officials Manager.

## **High Jump**

U9 and U10 athletes are to use 'scissors' style ONLY. The fair SCISSORS jump is one where:

- The head of the competitor does not go over the bar before the leading foot (the foot closest to the bar at take-off).
- The head of the competitor is not below the buttocks when the buttocks clear the bar, and
- The competitor's feet must touch the mat before any other part of the body.

## **Javelin**

For a valid throw to be recorded, the javelin must land with the head of the javelin touching first. A flat landing or tail first landing will be recorded as a foul throw. The Landing Sector Official is to make judgement on the validity of the throw.

## **Starting Blocks**

Starting blocks may be used by age groups U11 and older for laned events. Competitor's personal starting blocks will have to be approved by the Arena Manager prior to the event. Spikes for blocks must not exceed 15mm, with a maximum of 10 spikes per set. Melville Centre has sets of starting blocks available for competitors.

## **Marshalling**

All competitors will be called approximately five minutes and then three minutes prior to commencement of events. Athletes in age groups U6 to U10 are to report to the marshalling area where they will be escorted to their events. U11 to U17 are to report directly to the site/start where they will be marshalled for their event. Club Managers and parents are asked to listen carefully to all announcements to aid athletes in not missing events as the program times are indicative only. Athletes may join events late but may not make up missed trials except at the discretion of the Key Official.

## **Grading for Track Events**

In each track event, competitors are graded after their initial participation in the event, according to best achieved times. This will enable heats in following weeks to be as even as possible. In field events, competitors are listed according to their performance after the first weeks of competition. Age groups with large numbers will be split over 2-3 sites at field events.

Athletes are only permitted to compete within their age group, unless the event is run specifically as a multi age group event or permission from the Arena Manager has been sought.

## **Recording for Track Events**

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

## **Recording for Field Events**

Recording for all field events is conducted on site. On completion of competition result sheets are to be returned to the recorders.

If an athlete turns up late and the first round has been thrown, the athlete shall forfeit the right to have that throw, unless the athlete's name has not been called out. In general, events are not to be held up for athletes that are late. In the case where an athlete is late due to circumstances beyond their control, the Key Official may exercise flexibility in allowing missed throws but must be cognisant of program timing constraints.

## **Arena Access**

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

The Centre encourages support of the athletes but this must be done in a safe area clear of the arena, the track finish line and recording areas. Breach of this policy will be considered a breach of the spectator Code of Behaviour and may result in a ban from competition.

Athletes with disabilities that require specific parental supervision will be required to notify the Arena Manager through their Club Manager, to obtain an exemption to this policy.

## **Coaching on Sites**

Coaching and encouragement of athletes during competition at all MAC controlled events is allowed, as long as it does not interfere with the efficient running of the event and they remain outside the arena. Competitors should not leave the competition area to receive coaching. Negative feedback or comments towards any competitor will not be tolerated and will be considered a breach of the Code of Behaviour.

At LAWA controlled events, coaches and parents are not allowed into the competition arena. All communication between athlete and coach/parent must be through natural means. Athletes may communicate via signals or talking to parents or coaches but may not leave the immediate area nor disrupt the competition to seek advice.

## **Electronic Devices**

At LAWA controlled events no electronic devices are to be taken on to site. Athletes found in possession of an electronic device on site may be disqualified.

## **Other Centres Visiting MAC**

Registered athletes from other Centres are welcome at Melville. Visitors should provide their personal best performances to the Track and Field Recorders at least three days prior to the competition day. Failure to do so may mean that the visitor is not appropriately graded and may be placed in the last heat of each event to avoid minimum disruption to Centre competition.

Visitors are expected to provide officials to help on sites as required. Visiting athletes will not have their results published by Melville; however may request results be emailed on completion of the competition.

# Centre Policies and Guidelines

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Centre policies and guidelines are detailed within the Melville By-Laws available on the Melville Roar website. The following is a summary of the policies and guidelines.

## **Code of Behaviour / Ethics for Athletes**

Behaviour and / or actions considered to be in conflict to the spirit of Little Athletics will be considered a breach of the Code of Behaviour and will result in penalty. Penalties that are imposed are to be appropriate to the seriousness of the breach.

Any key official on site may issue a warning to an athlete who has broken the Code of Behaviour and the Arena Manager must be informed immediately.

Any executive committee member may issue a warning to an athlete who has broken the Code of Behaviour. This warning must be noted immediately to the Centre President and the athlete's parents notified.

Any key official on site or executive committee member may initiate a second warning but must do so through the Arena Manager/Assistant Arena Manager or Centre President immediately.

An athlete who has received two previous warnings will be issued a penalty under the Centre guidelines contained within Melville By-Laws.

## **Code of Behaviour / Ethics for Parents and Spectators**

Behaviour and / or actions considered to be in conflict with the spirit of Little Athletics will be considered a breach of the Code of Behaviour and will result in penalty. Penalties that are imposed are to be appropriate to the seriousness of the breach.

Any key official on site may initiate a warning to a parent/spectator who has broken the Code of Behaviour through the Arena Manager.

Any executive committee member may issue a warning to a parent/spectator who has broken the code of behaviour. This warning must be noted immediately to the Arena Manager / Assistant Arena Manager and Centre President.

Any key official or executive committee member may initiate a second warning but must do so through the Arena Manager/Assistant Arena Manager or Centre President immediately.

A parent/spectator who has received two previous warnings will be issued a penalty under the Centre guidelines contained within Melville By-Laws.

## **Parent Participation**

Athletics can only operate effectively when parents support each other. Parents will be required to participate through rostered duties as allocated by your Club/Centre. If a parent fails to participate by not completing their rostered duty they will be given a warning by the Club Manager. Failure to complete a rostered duty on a second occasion may result in the family's athlete/s not being allowed to compete at the Centre for the remainder of the season. Consideration will also be given to not permitting the family to register with the Centre the following season.

## **Sun Smart Policy**

The Centre will promote, encourage and support sun protection at meetings, training and competitions. Natural shade from the trees and buildings should be utilised and where possible, portable shade areas shall be erected at marshalling areas and competition sites.

Athletes are strongly encouraged to wear hats except when in the action of competing i.e. hats should be worn in lines awaiting throws/jumps etc but removed when it is the athletes turn to compete.

Everyone is strongly encouraged to wear and regularly apply sunscreen. The Centre shall provide additional sunscreen at the Canteen during competition.

## **Heat and Hydration Guideline**

If extreme temperatures are likely parents and officials should take extra care to ensure athletes are sufficiently hydrated and that shade is provided.

Consideration will be given to postponing or cancelling events if the ambient temperature is expected to be above 40°C for an extended period of time during the competition period. If a Centre meet is postponed or events cancelled, these events will not be made up in subsequent Centre meets.

## **Wet Weather Policy**

A decision to cancel, modify or postpone a scheduled Centre meet due to prevailing weather shall be made no sooner than 30 minutes after the official starting time at a meeting attended by the Arena Manager, Centre President and a minimum of four members of the Centre Executive and four Club Managers.

If significant rain has fallen overnight or in the lead up to competition, the track and field will be inspected prior to competition commencement with safety of the athletes being paramount.

In the case of a thunderstorm the '30-30 rule' as detailed in the By-Laws shall be observed.

If a Centre meet is postponed or events cancelled, these events will not be made up in subsequent Centre meets.

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

### **Smoke Free Policy**

Smoking is prohibited in ALL areas of competition and in the clubrooms and its surrounds. This also includes ALL functions organised by the Centre or Association.

### **Privacy**

The Centre collects personal information in order to provide you with the services and information associated with membership of Little Athletics. The information collected is supplied by the parent upon registration of an athlete for each new season of Little Athletics and may only be used for the purposes related to Little Athletics including research, development of services and promotion or products or services offered by related organisations and our sponsors.

### **Responsible Alcohol Management Policy**

The Centre is aware that alcohol, when misused can cause harm to the drinker and others. A responsible drinking policy has been adopted so as to reduce risks and avoid problems.

Consumption of alcohol during the conduct of Twilight meets is not encouraged. It is an offence under Western Australian alcohol laws for persons of any age to drink in public, such as on the street, park or beach. (Maximum Fine: AUD\$2,000 or on the spot fine of AUD\$200 - Section 119(4a) Liquor Control Act 1988).

### **Accidents and First Aid**

All accidents are to be reported immediately to the First Aid Officer. A small first aid area is located inside the roller door of the equipment shed during competition. An Injury Report Form must be completed and lodged with the First Aid Officer.

### **Photography**

Athlete photos are only to be used for the Melville Website or promotional material where parents have given prior permission. As far as practical, persons taking private photographs are to restrict photography to their child only. Any inappropriate photographic material is considered to be an ethical issue. Consequently this will be considered a breach of behaviour / code of ethics for parent or spectators, and will result in disciplinary action.

### **Emails**

Emails sent to the wider membership of the Centre should be sent using the 'blind carbon copy' (BCC) email addressing option to restrict on forwarding of email details.

# Inter-Centre and State Competitions

A number of Inter-centre Competitions are held throughout the season and advertising of events will be on both the LAWA and MAC website and through Club / Centre distribution.

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

A condition of nomination to events is that a parent must be available for a roster.

Failure to conduct a nominated roster may impact the athlete's eligibility to nominate for future events and/or register the following season.

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

## Junior Athletics Carnival (Tiny tots, U6, U7, U8 & U9) – 17 Nov 2019

**Venue:** Ern Clarke (Wharf St, Cannington WA 6107)  
**Uniform:** Club uniform with age tag, registration number and sponsor badge as applicable  
**Information:** [www.walittleathletics.com.au](http://www.walittleathletics.com.au)

The aim of the day is to introduce our younger athletes to competition under stadium conditions through a fun event.

## State Relay Championships – Saturday 14<sup>th</sup> Dec 2019

**Venue:** WA Athletic Stadium  
**Uniform:** Melville Centre uniform with age tag and registration number, and sponsor badge as applicable.  
**Information:** [www.walittleathletics.com.au](http://www.walittleathletics.com.au)

Entry to the State Relays is through Centre selection and criteria can be found in the Centre By-Laws.

Track events at the State Relay Championships are as follows:

|                       |   |
|-----------------------|---|
| 4 x 100m (U8 to U17)  | Note: 2019-2020 is the last season for U/8 Relays |
| 4 x 200m (U8 to U10)  | Note: 2019-2020 is the last season for U/8 Relays |
| 4 x 400m (U11 to U17) |   |

Field Relay Events are for U9\* to U17 age groups only. Teams shall comprise of either 2, 3 or 4 athletes to compete in the four events – which are determined by LAWA, from the following: triple jump, long jump, javelin, shot put and discus. Precise details are on the LAWA website.

(\* U9 introduced in 2019/2020)

Each Centre is eligible to nominate one team (minimum of four, maximum of five) for the

track events. For field events, one team of either two, three or four competitors is allowed. Athletes competing in track events are not allowed to compete in the field events.

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

## State Combined Event Championships - Saturday 8<sup>th</sup> & 9<sup>th</sup> Feb 2020

|                        |   |
|------------------------|---|
| <b>Venue:</b>          | WA Athletics Stadium  |
| <b>Uniform:</b>        | Melville Centre uniform with age tag and registration number, and sponsor badge as applicable |
| <b>Nomination Fee:</b> | Approximately \$10 to be submitted with entry nomination                                      |
| <b>Information:</b>    | <a href="http://www.walittleathletics.com.au">www.walittleathletics.com.au</a>                |

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

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

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

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

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

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

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



## State Heats/Quarter Finals Competition (ZONES) – 15<sup>th</sup> & 16<sup>th</sup> February 2020

|                             |   |
|-----------------------------|---|
| <b>Venue:</b>               | To Be Confirmed   |
| <b>Uniform:</b>             | U7 – U8 Club (or Centre) uniform with age tag, registration number, and sponsor badge as applicable.<br><br>U9 – U15 Melville Centre uniform with age tag, registration number and sponsor badge as applicable<br><br>U16 & U17 do not do Zones (nominate straight to States) |
| <b>Further information:</b> | <a href="http://www.walittleathletics.com.au">www.walittleathletics.com.au</a>  |

The State Track and Field Championships is the culmination of the summer season for Little Athletes. It is a LAWA-controlled competition held over two consecutive days. Melville competes in **Zone 2** competition, which includes Belmont, Gosnells and Southern Districts Centres.

Nomination for Zones is available to all athletes that complete the nomination form through the ResultsHQ **new notification** prior to the cut off, and their parent/s have nominated for a rostered duty. There are restrictions on the number of events that an athlete can compete in.

For U7-U8 athletes Zones will be their final competition for the summer and the first 3 placegetters in each event will be awarded medals.

For U9 – U15 athletes Zones comprise the heats and quarter finals for the State Championships. The number of competitors qualifying in each event is detailed in the LAWA Rules of Competition.

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

Where there are not enough competitors to have more than one heat, then the event will become a (straight) final. Centres will be advised prior.

Unless the track event is revised to be a straight final where a lane draw will take place at the marshal area, competitors must run in their heats and lanes as allocated.

The heats at Zone events will be randomly generated following submission of all zone nominations to the zone co-ordinator.

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

## **State Track & Field Championships – 13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup> of March 2020 (Semi Finals and Finals)**

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

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

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

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

## **Interstate Teams Championships The U13 “Australian Little Athletics Championships” (ALAC)**

In 2020, this event will be held in Canberra, in April 2020. Athletes are selected from the U13 age group. Athletes and must nominate for selection prior to State Championships. Selection is based primarily on their performances at State Championships, however results from other State and Centre competitions may be used to determine final team selection. See LAWA website for more details.

## **Multi–Event U15 Interstate Team**

In conjunction with the Interstate Teams Championships, a Combined Event Competition is held, based on pentathlon points. This competition is for U15 athletes, made up of three boys and three girls from each state. Selection is primarily based on performances at the State Combined Championships in that year. This team will compete at the Australian Little Athletics Championships – in Canberra in April 2020.

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

All medal winners in the U14 and U15 State Track and Field Championships, and the State Combined Events are automatically selected for inclusion in the State team to compete in Singapore or Malaysia in July. In 2020 the competition will be held in Singapore.

*Note: The amount of athletes that compete in the U13 and U15 events for the 2019 & 2020 State team will be increased due to the change of age grouping in 18/19 season.*

# Winter Competition

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## Background

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

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

## Cross Country Runs

Competition is held every second Saturday afternoon. Athletes are required to compete in a minimum of 4 (four) events to be eligible to compete in State Championships. U7 & U8 athletes race over 1000m, U9 & U10 athletes race over 1500m, U11 & U12 over 2000m and U13 to U17 over 3000m. Cross Country courses are located at venues spread around the metropolitan area and one country venue per season – with each event organised / hosted by a Centre in conjunction with LAWA.

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

## Road Walks

Competition is held on alternate Saturday afternoons to cross country runs. Races are held over 1000m for U9, 1500m for U10-U11 and 2000m for U12 to U17. Races are held in at various locations around the metropolitan area.

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

## State Championships

Cross country runs and road walks are held over their respective distances and conclude the winter competition. Gold, silver and bronze medals are awarded to placegetters in each age group. The championships are regarded as the Grand Finale for the winter athletics season.

Athletes must have competed in a minimum of 4 (four) events to be eligible to compete in State Championships.

# Awards

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## Club Awards

Each club, independently of the Centre, has its own trophies, merit and incentive awards, selection criteria and medal presentation ceremonies. Members should consult their Club Manager for details.

## Centre Awards and Points

Centre awards are based on a points system using a central database. Points are awarded for each event the athlete participates in during the Centre competition, excluding Championship weeks. Points are not distributed to competitors as they are used as the basis for Centre awards.

## Ribbon Achievements

The Centre strongly encourages striving for personal achievement through the ribbon achievement system. Each athlete has the opportunity to earn either a green, red or blue ribbon according to their achievement in each event. The ribbon achievement levels are updated every 3-4 years and based on mean accumulated performance over previous years. A ribbon of the corresponding colour can be achieved through the accumulation of a specific number of events as highlighted in the Centre 'Orange Book'. For example, U7 Boys need 4 events in the green level to obtain a green ribbon, 5 events in the red level to obtain a red ribbon, and 6 events in the blue level to obtain a blue ribbon.

The ribbons are presented to athletes, through their clubs once a year at the completion of the season.

## Gold Achievement Award

An athlete who achieves the blue level in a specific number of events, as detailed in the Centre 'Orange Book', will be presented a Gold Achievement Award at the end of year presentations.

## Participation Medals

U6, U7, U8 athletes who have participated for more than half the season will be presented with a participation medal at the end of year presentations.

## Centre Championships

The final two weeks of normal competition are reserved for the Melville Centre Championships. In each age group for each event, the first three place getters will be awarded a medal (except where there are five or less athletes registered, in which case only Gold medals will be handed out). In addition, U6 -to- U/13 athletes who achieve a Personal Best during the championships will receive a PB ribbon.

Any Melville registered athlete may compete in any event they have qualified for. This is a separate competition to the weekly competition therefore results from the Centre Championships do not count towards overall Champion & Runner-Up awards of each age group.

To be eligible to compete at the Centre Championships, U6 – U16 athletes must have competed at the event a minimum of three times and U17 must have competed at the

event a minimum of two times. If an event is cancelled twice during the season beyond the control of the athlete, then committee discretion for purposes of eligibility to compete at Centre Championships will be used.

## **Age Group Champions**

Age Group Champions and Runner-Up are awarded each season based on accumulated points. There will be a combined age group champion for U16/U17 if there are five or less athletes in each of these age groups.

## **Perpetual Centre Awards**

Nominations for Centre Awards are voted on by the Executive Committee. Nominations are to be presented to the Executive Committee by mid season for consideration early in the New Year.

**Personal Best Award:** The MG Bassett trophy will be presented to the athlete who achieves the greatest improvement in performances over the season through Personal Best improvements.

**Tom Wilson Award:** This award was introduced at the conclusion of the 2007/08 season by the Wilson family to honour the memory of their son Tom Wilson who was tragically taken from the MAC community. This award reflects Tom's fun-loving enthusiasm for running and being a happy participant no matter the result. The award goes to the athlete who is not necessarily the best athlete but is always happy to try their hardest and do it with a smile.

**Independent Little Athletes of the Year:** This award is presented to an U15 athlete that 'has the potential to go on and possibly become a State or National Champion Athlete.' The recipient will become the Centre's nominee to LAWA. The Centre may nominate a maximum of one boy and one girl for this award.

**Centre Sportsmanship Award:** The Sportsmanship award is presented to an U15, U16 or U17 athlete who, in the opinion of the Executive Committee, best complies with the criteria for the LAWA Doug Hancy Award. The recipient is considered to be a mentor for younger athletes and will become the Centre's nominee for this prestigious award. The nominee must meet the following criteria:

- Competes regularly in all events
- Assists at club and Centre level
- Is respected by other athletes, officials and parents
- Endeavours to uphold the Little Athletics Code of Conduct at all times
- Shows sportsmanship, courage and maintains an effort to do better
- Honest and friendly

The Centre may nominate a maximum of one boy and one girl for this award.

**Open Champion Club:** The Open Champion Club shield is presented to the club with the highest aggregate total of points scored by all its athletes.

**Champion Club:** The Champion Club shield is presented to the club with the highest points, based on the total points scored by all its athletes, divided by the number of registered athletes in the club.

## **Athlete Service Awards**

Melville presents service awards to athletes that have completed 5 year, 8 year and 11years of service at the Centre. This award is presented in the season it is achieved. An 8 year athlete service award is presented by LAWA and awarded at the State Championships for the completion of 8 years of service.

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

## **Volunteer Service Awards**

In recognition of volunteer support over many years, LAWA presents the following awards:  
Service Awards-Officials: 3, 6, 10 and 20 year awards  
Centre Official, Administrator and Coach of the year award  
Honour, Merit and Distinguished Merit Awards  
Life Membership

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

## **Winter Awards**

Awards are derived from a placing based points system and calculated over the season performance – as detailed in the Centre By-Laws.

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

**Road Walking:** Awards are presented to the overall Champion and Runner-up.

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

**Winter Award (name TBA):** This perpetual award will be presented to a winter athlete who displays enthusiasm over the season and is a regular participant.

# Season Results 201819

History of Season Results can be found on the Melville Roar website: [www.melvilleroar.com](http://www.melvilleroar.com)

## CHAMPION CLUB

|         |                |         |                   |
|---------|----------------|---------|-------------------|
| 2008/09 | Palmyra/Bicton | 2009/10 | Palmyra/Bicton    |
| 2010/11 | Leeming        | 2011/12 | Bateman/Bullcreek |
| 2012/13 | Brentwood      | 2013/14 | Palmyra/Bicton    |
| 2014/15 | Leeming        | 2015/16 | Olympia           |
| 2016/17 | Brentwood      | 2017/18 | Olympia           |
| 2018/19 | Palmyra/Bicton | 2019/20 |                   |

## OPEN CHAMPION CLUB

|         |                |         |                |
|---------|----------------|---------|----------------|
| 2008/09 | Palmyra/Bicton | 2009/10 | Palmyra/Bicton |
| 2010/11 | Palmyra/Bicton | 2011/12 | Brentwood      |
| 2012/13 | Olympia        | 2013/14 | Palmyra/Bicton |
| 2014/15 | Palmyra/Bicton | 2015/16 | Olympia        |
| 2016/17 | Olympia        | 2017/18 | Olympia        |
| 2018/19 | Olympia        | 2019/20 |                |

## CENTRE SPORTSMANSHIP AWARD

| Year    | Name             | Age | Club |
|---------|------------------|-----|------|
| 2012/13 | Nicola Vester    | U15 | PB   |
| 2013/14 | Andrew Gill      | U15 | PB   |
| 2014/15 | Mikayla Johns    | U15 | PB   |
|         | Joshua Mott      | U15 | LM   |
| 2015/16 | Caitlin Blackman | U15 | OL   |
| 2016/17 | Courtney Johns   | U15 | PB   |
| 2017/18 | Not awarded      |     |      |
| 2018/19 | Not awarded      |     |      |
| 2019/20 |                  |     |      |

## INDEPENDENT LITTLE ATHLETE OF THE YEAR NOMINATION

|         |             |    |
|---------|-------------|----|
| 2018/19 | Aedam Quinn | OL |
|---------|-------------|----|

## MG BASSETT AWARD for most Personal Best Performances

|         |           |    |                |
|---------|-----------|----|----------------|
| 2018/19 | Chad Aziz | PB | 34 season PB's |
|---------|-----------|----|----------------|

## TOM WILSON AWARD

|         |               |    |         |                  |    |
|---------|---------------|----|---------|------------------|----|
| 2011/12 | Ben Shaw      | BW | 2016/17 | Camryn Tidy      | OL |
| 2012/13 | Denzel Bourne | BW | 2017/18 | Cheryl Lim       | PB |
| 2013/14 | Sara Becker   | BB | 2018/19 | Charlotte George | BW |
| 2014/15 | Riley Innes   | PB | 2019/20 |                  |    |
| 2015/16 | Taylor James  | OL |         |                  |    |

# Track & Field Relay Championships Results 2018/19

17/18 – TRACK: 4xGOLD, 3xSILVERS & 1xBRONZE.

17/18 – FIELD: 1xGOLD

18/19 – TRACK: 5xGOLD, 6xSILVER & 3xBRONZE

18/19 – FIELD: 3XGOLD & 1Xsilver.

18/19 Overall Track Winners – Melville Boys Track Relay Teams – 3rd

## State Track Relay Championships Results 2018/2019

| 4 x 100  | BOYS             | Time      | 4 x 100  | GIRLS            | Time    |
|----------|------------------|-----------|----------|------------------|---------|
| U8       | 9 <sup>th</sup>  | 1:09.66   | U8       | 12 <sup>th</sup> | 1:15.67 |
| U9       | <b>SILVER</b>    | 1:04.48   | U9       | 9 <sup>th</sup>  | 1:07.74 |
| U10      | 6 <sup>th</sup>  | 1:01.55   | U10      | 5 <sup>th</sup>  | 1:02.80 |
| U11      | <b>SILVER</b>    | 57.69s    | U11      | 6 <sup>th</sup>  | 59.76s  |
| U12      | -                | DQS FINAL | U12      | 7 <sup>th</sup>  | 58.05s  |
| U13      | <b>SILVER</b>    | 52.10s    | U13      | <b>GOLD</b>      | 52.35s  |
| U14      | <b>GOLD</b>      | 48.89s    | U14      | 7 <sup>th</sup>  | 55.35s  |
| U15      | <b>BRONZE</b>    | 46.86s    | U15      | 4 <sup>th</sup>  | 55.15s  |
| U16/17   | 7 <sup>th</sup>  | 46.64s    | U16/17   | x                |         |
| 4 x 200m |                  |           | 4 x 200m |                  |         |
| U8       | 11 <sup>th</sup> | 2:33.62   | U8       | 13 <sup>th</sup> | 2:51.84 |
| U9       | <b>SILVER</b>    | 2:15.63   | U9       | 11 <sup>th</sup> | 2:27.48 |
| U10      | <b>SILVER</b>    | 2:07.84   | U10      | 4 <sup>th</sup>  | 2:13.97 |
| 4 x 400m |                  |           | 4 x 400m |                  |         |
| U11      | <b>BRONZE</b>    | 4:41.93   | U11      | 6 <sup>th</sup>  | 5:06.05 |
| U12      | <b>GOLD</b>      | 4:22.14   | U12      | <b>BRONZE</b>    | 4:41.04 |
| U13      | 6 <sup>th</sup>  | 4:29.71   | U13      | <b>GOLD</b>      | 4:20.44 |
| U14      | <b>SILVER</b>    | 3:56.63   | U14      | 7 <sup>th</sup>  | 4:31.41 |
| U15      | <b>GOLD</b>      | 3:35.04   | U15      | 5 <sup>th</sup>  | 4:30.69 |
| U16/17   | 10 <sup>th</sup> | 3:44.04   | U16/17   | x                |         |

## State Field Relay Championships Results 2018/2019

| Boys   | Result          | Points | Girls  | Result          | Points |
|--------|-----------------|--------|--------|-----------------|--------|
| U10    | <b>GOLD</b>     | 893    | U10    | 6 <sup>th</sup> | 698    |
| U11    | 7 <sup>th</sup> | 831    | U11    | <b>GOLD</b>     | 1,049  |
| U12    | <b>SILVER</b>   | 1,196  | U12    | <b>GOLD</b>     | 1,528  |
| U13    | DNF             | 895    | U13    | 5 <sup>th</sup> | 1,118  |
| U14    | 5 <sup>th</sup> | 1,419  | U14    | DNF             | 682    |
| U15    | 6 <sup>th</sup> | 973    | U15    | 8 <sup>th</sup> | 1,161  |
| U16/17 | x               |        | U16/17 | 4 <sup>th</sup> | 1,781  |



# State Combined Events Championships 2018/19 Melville Results

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On 2/3 February 2019 a total of 26 Melville Roar athletes represented the Centre in the Combined Events Championships.

## TOP PERFORMERS

|                  |   |
|------------------|---|
| Silver Medal     | Jack Watters 14M – 3,807 points<br>(90H-13.37, LJ-5.39, DT-31.15, 100-12.07, HJ-1.51, JT-28.83 & 800-2:30.39)   |
| Bronze Medal     | Dylan Bacich 12M – 1,502 points<br>(100m-13.99, DT-18.01, 60H-10.91, LJ-4.04 & 800-2:43.31)   |
| Top 5 finishers  | Kaelen Adams (4 <sup>th</sup> -12F) & Lyndon Kenworthy-Groen (4 <sup>th</sup> -17M)   |
| Top 10 finishers | Lara Bussell (10 <sup>th</sup> -11F), Tahlia Kitson (8 <sup>th</sup> -13F),<br>Chad Aziz (8 <sup>th</sup> -14M), Hayley Tidy (7 <sup>th</sup> -14F),<br>Elphan John Jimmi (6 <sup>th</sup> -15M) & Caitlin Hodgkinson (10 <sup>th</sup> -15F) |

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

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Congratulations to Emily Bailey who represented Melville in the WA State Team at the 2019 Australian U/13 Little Athletics Championships held in Hobart on 27 & 28 April 2019 – participating in the 800m and 1,500m events.

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

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Congratulations to the following athletes who qualified for the 2019 International State Team to compete in Malaysia in July 2019.

|                   |     |                           |
|-------------------|-----|---------------------------|
| Jack Watters      | 14M | 90mH, 200mH, 100m & 200m. |
| Brandon George    | 15M | 400m.                     |
| Dylan Bailey      | 15M | 800m.                     |
| Luke Chapman      | 15M | 400m & 800m.              |
| Charlotte George  | 15F | 800m.                     |
| Elphan John Jimmi | 15M | Long Jump & Triple Jump.  |

## Coles LAA National Under 15 Camp – AIS Canberra

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Congratulations to Jack Watters who was selected to attend the National U15 Camp held from Sunday 29th September to Wednesday 2nd October 2019 at the Australian Institute, Canberra. This was as a result of his outstanding performances in 200m Hurdles.

# Zone Championships 2018/19

## U7, U8 Medal Winners

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| Age                | Athlete |           | Event        |
|--------------------|---------|-----------|--------------|
| <b>GOLD - Boys</b> |         |           |              |
| U8                 | Owen    | Charsley  | 70m - 11.27s |
| U8                 | Owen    | Charsley  | 100m-15.85s  |
| U8                 | Cameron | Brindle   | TJav -12.66m |
| U8                 | Rhys    | Armstrong | LJ – 3.46m   |

| <b>SILVER – Boys</b> |      |          |              |
|----------------------|------|----------|--------------|
| U8                   | Owen | Charsley | 500m-1:42.69 |

| <b>BRONZE – Boys</b> |  |  |  |
|----------------------|--|--|--|
|----------------------|--|--|--|

| Age                 | Athlete |         | Event            |
|---------------------|---------|---------|------------------|
| <b>GOLD - Girls</b> |         |         |                  |
| U7                  | Taylah  | Lobik   | 200m - 38.82s    |
| U8                  | Grace   | Nichols | 200m - 37.48s    |
| U8                  | Grace   | Nichols | Shot Put - 5.72m |
| U8                  | Maya    | Hall    | L.Jump - 3.02m   |
| U8                  | Maya    | Hall    | 60mH - 12.82s    |

| <b>SILVER - Girls</b> |        |         |                  |
|-----------------------|--------|---------|------------------|
| U7                    | London | Polak   | 100m - 20.36s    |
| U7                    | London | Polak   | 70m – 13.16s     |
| U7                    | London | Polak   | Shot Put – 4.62m |
| U7                    | Taylah | Lobik   | 200m – 38.82s    |
| U7                    | Taylah | Lobik   | 300m – 59.95s    |
| U7                    | Taylah | Lobik   | Vortex – 15.52m  |
| U8                    | Grace  | Nichols | 100m – 18.18s    |
| U8                    | Grace  | Nichols | 500m – 1:53.73s  |

| <b>BRONZE - Girls</b> |        |            |               |
|-----------------------|--------|------------|---------------|
| U8                    | Maya   | Leadbeater | 60mH – 13.66s |
| U8                    | Hollie | Chapman    | T.Jav – 6.89m |

Melville Athletics Centre hosted 2019 Zones at Ern Clark, and would like to thank the committee members and club managers who worked extensively and tirelessly to plan and run the event.

# State T & F Championship 2018/19 Medal Winners

## GOLD MEDAL WINNERS - BOYS (15)

|    |                  |         |         |
|----|------------------|---------|---------|
| 10 | Ashton NICHOLS   | 400m    | 01:06.5 |
| 10 | Daniel DAWSON    | 60m H   | 10.14   |
| 10 | Blake HANCY      | TURBO   | 28.05m  |
| 12 | Angus CLEARWATER | 100m    | 12.96   |
| 12 | Xavier BERNARD   | 1500 W  | 07:23.9 |
| 12 | Joshua KELLY     | 1500m   | 04:57.6 |
| 12 | Angus CLEARWATER | 200m    | 26.91   |
| 12 | Thomas DAWSON    | 60m H   | 9.61    |
| 12 | Angus CLEARWATER | L. JUMP | 4.85m   |
| 13 | Jeff DOUCE       | 100m    | 12.20   |
| 13 | Jeff DOUCE       | 200m    | 24.77   |
| 14 | Jack WATTERS     | 200m H  | 25.99   |
| 14 | Jack WATTERS     | 90m H   | 13.02   |
| 15 | Brandon GEORGE   | 400m    | 52.05   |
| 15 | Dylan BAILEY     | 800m    | 02:05.2 |

## SILVER MEDAL WINNERS - BOYS (11)

|    |                        |         |         |
|----|------------------------|---------|---------|
| 10 | Daniel DAWSON          | 70m     | 10.31   |
| 10 | Ashton NICHOLS         | 800m    | 02:30.4 |
| 12 | Angus CLEARWATER       | 400m    | 01:00.1 |
| 12 | Dylan BACICH           | L. JUMP | 4.76m   |
| 12 | Dylan BACICH           | T. JUMP | 10.27m  |
| 13 | Jeff DOUCE             | L. JUMP | 5.04m   |
| 14 | Jack WATTERS           | 200m    | 24.27   |
| 15 | Luke CHAPMAN           | 800m    | 02:05.5 |
| 15 | Elphan JOHN JIMMI      | L. JUMP | 5.99m   |
| 15 | Elphan JOHN JIMMI      | T. JUMP | 12.87m  |
| 17 | Lyndon KENWORTHY-GROEN | 300m H  | 40.22   |

## BRONZE MEDAL WINNERS - BOYS (8)

|    |                   |         |         |
|----|-------------------|---------|---------|
| 10 | Angus McARTHUR    | 1100m W | 06:09.7 |
| 12 | Archie Jack PRALL | 200m    | 27.63   |
| 12 | Kaiden SUMMERELL  | SHOT    | 10.99m  |
| 12 | Angus CLEARWATER  | T. JUMP | 10.01m  |
| 13 | Jeff DOUCE        | 400m    | 57.86   |
| 13 | Nicholas DAVIDSON | SHOT    | 11.72m  |
| 14 | Jack WATTERS      | 100m    | 11.91   |
| 15 | Luke CHAMPMAN     | 400m    | 52.38   |

## GOLD MEDAL WINNERS - GIRLS (2)

|    |              |         |        |
|----|--------------|---------|--------|
| 10 | Zeva SMITH   | H. JUMP | 1.20m  |
| 12 | Emma KEMPSON | SHOT    | 11.27m |

## SILVER MEDAL WINNERS - GIRLS (11)

|    |                |         |         |
|----|----------------|---------|---------|
| 11 | Jasmine RUMMER | 1100m W | 06:00.2 |
| 11 | Parker BRINDLE | 60m H   | 10.51   |
| 11 | Parker BRINDLE | T. JUMP | 9.26m   |
| 12 | Kaelan ADAMS   | 400m    | 01:03.6 |
| 12 | Kaelan ADAMS   | 60m H   | 10.09   |
| 12 | Emma KEMPSON   | DISCUS  | 28.40m  |
| 12 | Emma KEMPSON   | JAVELIN | 27.70m  |
| 13 | Sienna FILLIS  | 100m    | 12.62   |
| 16 | Vanessa MILLER | 1500m   | 04:50.0 |
| 16 | Vanessa MILLER | 800m    | 02:19.8 |
| 17 | Courtney JOHNS | SHOT    | 10.33m  |

## BRONZE MEDAL WINNERS - GIRLS (5)

|    |                  |      |         |
|----|------------------|------|---------|
| 12 | Ava WATTERS      | SHOT | 9.75m   |
| 13 | Sienna FILLIS    | 200m | 26.72   |
| 13 | Grace AINSWORTH  | 400m | 01:01.8 |
| 13 | Emily BAILEY     | 800m | 02:29.4 |
| 15 | Charlotte GEORGE | 800m | 02:25.2 |

Melville finished with a State Champs medal tally of 52 ... placing the Centre 6th on the Medal Table of all Centres.

This was an amazing achievement. Congratulations to all our MAC athletes who medalled and also those who achieved new PBs in their events during the Championships

## MAC Age Group Champion / Runner Up Athletes Summer 2018/19

| GIRLS AWARD WINNERS |                  |    | AGE       | BOYS AWARD WINNERS |                   |    |
|---------------------|------------------|----|-----------|--------------------|-------------------|----|
| <b>CHAMP.</b>       | Ella Green       | BW | <b>6</b>  | <b>CHAMP.</b>      | Kaden Ogle        | LM |
| R-UP                | Priya Trengove   | LM | <b>6</b>  | R-UP               | Wesley Kay        | LM |
| <b>CHAMP.</b>       | London Polak     | OL | <b>7</b>  | <b>CHAMP.</b>      | Xavi Raeburn      | PB |
| R-UP                | Taylah Lobik     | OL | <b>7</b>  | R-UP               | Jake Stott        | BW |
| <b>CHAMP.</b>       | Grace Nichols    | LM | <b>8</b>  | <b>CHAMP.</b>      | Owen Charsley     | LM |
| R-UP                | Maya Hall        | OL | <b>8</b>  | R-UP               | Christian Faria   | OL |
| <b>CHAMP.</b>       | Annabella Tan    | BW | <b>9</b>  | <b>CHAMP.</b>      | Luke Wilson       | PB |
| R-UP                | Olympia Bacich   | PB | <b>9</b>  | R-UP               | Jed Fitzgerald    | OL |
| <b>CHAMP.</b>       | Zeva Smith       | PB | <b>10</b> | <b>CHAMP.</b>      | Ashton Nichols    | LM |
| R-UP                | Siyana Bernard   | PB | <b>10</b> | R-UP               | Daniel Dawson     | OL |
| <b>CHAMP.</b>       | Parker Brindle   | OL | <b>11</b> | <b>CHAMP.</b>      | Alexander Dewar   | OL |
| R-UP                | Lara Bussell     | BW | <b>11</b> | R-UP               | Lachlan Angelatos | BW |
| <b>CHAMP.</b>       | Kaelan Adams     | OL | <b>12</b> | <b>CHAMP.</b>      | Angus Clearwater  | BW |
| R-UP                | Mia Tidy         | OL | <b>12</b> | R-UP               | Kieran Aziz       | LM |
| <b>CHAMP.</b>       | Olivia Sanderson | PB | <b>13</b> | <b>CHAMP.</b>      | Ky Hehir          | OL |
| R-UP                | Matilda Willis   | PB | <b>13</b> | R-UP               | Jeff Douce        | LM |
| <b>CHAMP.</b>       | Tia McArthur     | LM | <b>14</b> | <b>CHAMP.</b>      | Chad Aziz         | LM |
| R-UP                | Hayley Tidy      | OL | <b>14</b> | R-UP               | Jack Watters      | PB |
| <b>CHAMP.</b>       | Sophie Glance    | OL | <b>15</b> | <b>CHAMP.</b>      | Mason Bradwell    | LM |
| R-UP                | Charlotte George | BW | <b>15</b> | R-UP               | Dylan Bailey      | BW |
| <b>CHAMP.</b>       | Courtney Johns   | PB | 16/17     | <b>CHAMP.</b>      | Jayden Ormerod    | LM |

Congratulations to all these athletes.

Given the breadth of talent we have in our athletes across the individual age groups and events it is a significant achievement to be awarded age group Champion or age group Runner-up

## Gold Achievement Award Recipients 2018/19

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No award winners in 2018/2019

### MAC SERVICE AWARDS 2018/19

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#### 5 YEAR AWARDS

|              |            |    |           |             |    |
|--------------|------------|----|-----------|-------------|----|
| Emily        | Adese      | PB | Taya      | Mascarenhas | OL |
| Lisa         | Adese      | PB | Ewan      | McArthur    | LM |
| Tara         | Aziz       | LM | Jessica   | Millard     | OL |
| Xavier       | Bernard    | PB | Thomas    | Millard     | OL |
| Parker       | Brindle    | OL | Ava       | Nadin       | PB |
| Lara         | Bussell    | BW | Baxter    | O'Brien     | OL |
| Jesse        | Cartwright | LM | Alexandra | Pike        | BW |
| Tristin      | Cartwright | LM | Oliver    | Renton      | OL |
| Florence     | Chapman    | OL | Jasmine   | Rummer      | PB |
| Luke         | Chapman    | OL | Lillian   | Sharp       | LM |
| Crystal-Jane | Cowin      | PB | Marcus    | Silva       | PB |
| Alexander    | Dempsey    | BW | Brent     | Smith       | OL |
| Jeff         | Douce      | LM | Bianca    | Stanes      | OL |
| Chiara       | Ford       | OL | Thomas    | Stipinovic  | OL |
| Macey        | Hehir      | OL | Mia       | Tidy        | OL |
| Joshua       | Kelly      | OL | Isaac     | Valente     | OL |
| Oliver       | Kelly      | OL | Ava       | Watters     | PB |
| Tahlia       | Kitson     | OL | Jack      | Watters     | PB |
| Aaron        | Maher      | PB |           |             |    |

#### 8 YEAR AWARDS

|        |             |    |
|--------|-------------|----|
| Jack   | Clutterbuck | BW |
| Damien | Broughton   | LM |
| Kye    | Brindle     | OL |
| Mia    | Ford        | OL |

#### 11 YEAR AWARDS

|          |            |    |
|----------|------------|----|
| Laura    | Hegedus    | LM |
| Lyndon   | Kenworthy- | LM |
|          | -Groen     |    |
| Courtney | Johns      | PB |

# Season Best Performances 2018/19

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

| 70m SPRINT - BOYS  |                 |    |         | AGE | 70m SPRINT - GIRLS  |          |    |         |
|--------------------|-----------------|----|---------|-----|---------------------|----------|----|---------|
| Kaden              | Ogle            | LM | 13.37   | 6   | Ella                | Green    | BW | 16.00   |
| Maxime             | Blackadder      | OL | 13.39   | 7   | Taylah              | Lobik    | OL | 13.39   |
| Owen               | Charsley        | LM | 11.85   | 8   | Grace               | Nichols  | LM | 12.67   |
| Aziyah             | McGee           | PB | 11.27   | 9   | Olympia             | Bacich   | PB | 11.72   |
| Ashton             | Nichols         | LM | 10.50   | 10  | Siyana              | Bernard  | PB | 11.24   |
| 100m SPRINT - BOYS |                 |    |         |     | 100m SPRINT - GIRLS |          |    |         |
| Eric               | Hiemstra        | PB | 18.88   | 6   | Ella                | Green    | BW | 22.41   |
| Maxime             | Blackadder      | OL | 18.82   | 7   | Taylah              | Lobik    | OL | 19.35   |
| Owen               | Charsley        | LM | 15.79   | 8   | Grace               | Nichols  | LM | 18.15   |
| Aziyah             | McGee           | PB | 15.99   | 9   | Olympia             | Bacich   | PB | 16.71   |
| Ashton             | Nichols         | LM | 15.03   | 10  | Siyana              | Bernard  | PB | 15.99   |
| Joshua             | Wilson          | PB | 14.44   | 11  | Lara                | Bussell  | BW | 15.26   |
| Angus              | Clearwater      | BW | 13.50   | 12  | Kaelan              | Adams    | OL | 14.48   |
| Jeff               | Douce           | LM | 12.89   | 13  | Sienna              | Fillis   | LM | 13.34   |
| Jack               | Watters         | PB | 12.57   | 14  | Hayley              | Tidy     | OL | 14.21   |
| Elphan             | John Jimmi      | BW | 12.04   | 15  | Mia                 | Ford     | OL | 13.92   |
| Jaffar             | Al Jashammim    | BW | 12.24   | 16  | Tara                | Aziz     | LM | 14.69   |
| Lyndon             | Kenworthy-Groen | LM | 12.36   | 17  | Courtney            | Johns    | PB | 14.33   |
| 200m SPRINT - BOYS |                 |    |         |     | 200m - GIRLS        |          |    |         |
| Jake               | Stott           | BW | 40.18   | 7   | Taylah              | Lobik    | OL | 42.21   |
| Owen               | Charsley        | LM | 35.27   | 8   | Maya                | Hall     | OL | 38.78   |
| Aziyah             | McGee           | PB | 33.56   | 9   | Olympia             | Bacich   | PB | 35.75   |
| Ashton             | Nichols         | LM | 30.94   | 10  | Tilly               | Duncan   | LM | 33.72   |
| Joshua             | Wilson          | PB | 29.91   | 11  | Xanthe              | Evans    | PB | 32.04   |
| Angus              | Clearwater      | BW | 27.92   | 12  | Kaelan              | Adams    | OL | 29.93   |
| Jeff               | Douce           | LM | 26.32   | 13  | Sienna              | Fillis   | LM | 27.58   |
| Jack               | Watters         | PB | 24.79   | 14  | Tia                 | McArthur | LM | 29.34   |
| Elphan             | John Jimmi      | BW | 24.67   | 15  | Charlotte           | George   | BW | 29.18   |
| Jaffar             | Al Jashammim    | BW | 25.34   | 16  | Vanessa             | Miller   | BW | 29.73   |
| Lyndon             | Kenworthy-Groen | LM | 25.25   | 17  | Courtney            | Johns    | PB | 30.12   |
| 300m - BOYS        |                 |    |         |     | 300m - GIRLS        |          |    |         |
| Xavi               | Raeburn         | PB | 1:04.83 | 7   | Taylah              | Lobik    | OL | 1:06.01 |
| 400m - BOYS        |                 |    |         |     | 400m - GIRLS        |          |    |         |
| Jed                | Fitzgerald      | OL | 1:16.14 | 9   | Olympia             | Bacich   | PB | 1:23.28 |
| Ashton             | Nichols         | LM | 1:10.69 | 10  | Siyana              | Bernard  | PB | 1:18.13 |
| Noah               | Bailey          | BW | 1:09.57 | 11  | Parker              | Brindle  | OL | 1:14.42 |
| Angus              | Clearwater      | BW | 1:05.01 | 12  | Kaelan              | Adams    | OL | 1:06.74 |
| Jeff               | Douce           | LM | 1:00.53 | 13  | Sienna              | Fillis   | LM | 1:03.28 |
| Jack               | Watters         | PB | 55.94   | 14  | Erika               | Smits    | PB | 1:08.92 |
| Brandon            | George          | LM | 53.51   | 15  | Charlotte           | George   | BW | 1:05.25 |
| Jayden             | Ormerod         | LM | 59.40   | 16  | Vanessa             | Miller   | BW | 1:06.02 |
| Lyndon             | Kenworthy-Groen | LM | 55.17   | 17  | Courtney            | Johns    | PB | 1:11.08 |
| 500m - BOYS        |                 |    |         |     | 500m - GIRLS        |          |    |         |
| Owen               | Charsley        | LM | 1:41.00 |     | Grace               | Nichols  | LM | 1:54.19 |
| 800m - BOYS        |                 |    |         |     | 800m - GIRLS        |          |    |         |
| Jed                | Fitzgerald      | OL | 2:58.50 | 9   | Carys               | Dewar    | OL | 3:03.19 |
| Ashton             | Nichols         | LM | 2:43.89 | 10  | Chloe               | Dartnall | OL | 2:55.26 |
| Noah               | Bailey          | BW | 2:35.10 | 11  | Jessica             | Millard  | OL | 2:52.38 |
| Angus              | Clearwater      | BW | 2:32.68 | 12  | Lillian             | Sharp    | LM | 2:40.77 |

| 800m - BOYS         |                 |    |          | 800m - GIRLS         |                    |            |    |          |
|---------------------|-----------------|----|----------|----------------------|--------------------|------------|----|----------|
| Ky                  | Hehir           | OL | 2:31.07  | 13                   | Emily              | Bailey     | BW | 2:36.03  |
| Thomas              | Millard         | OL | 2:23.68  | 14                   | Tia                | McArthur   | LM | 2:37.07  |
| Dylan               | Bailey          | BW | 2:07.30  | 15                   | Charlotte          | George     | BW | 2:34.01  |
| Jayden              | Ormerod         | LM | 2:31.46  | 16                   | Vanessa            | Miller     | BW | 2:30.82  |
| Lyndon              | Kenworthy-Groen | LM | 2:16.67  | 17                   | Courtney           | Johns      | PB | 2:48.63  |
| 1500m - BOYS        |                 |    |          | 1500m - GIRLS        |                    |            |    |          |
| Noah                | Bailey          | BW | 5:17.38  | 11                   | Jessica            | Millard    | OL | 5:33.18  |
| Kieran              | Aziz            | LM | 5:09.63  | 12                   | Lillian            | Sharp      | LM | 5:37.80  |
| Ky                  | Hehir           | OL | 4:57.75  | 13                   | Emily              | Bailey     | BW | 5:39.67  |
| Thomas              | Millard         | OL | 4:48.63  | 14                   | Tia                | McArthur   | LM | 5:22.30  |
| Dylan               | Bailey          | BW | 4:38.06  | 15                   | Charlotte          | George     | BW | 6:16.08  |
| Jaffar              | Al Jashammim    | BW | 6:40.52  | 16                   | Vanessa            | Miller     | BW | 5:17.87  |
| Lyndon              | Kenworthy-Groen | LM | 4:49.00  | 17                   | Courtney           | Johns      | PB | 6:30.19  |
| 60m HURDLES - BOYS  |                 |    |          | 60m HURDLES - GIRLS  |                    |            |    |          |
| Kaden               | Ogle            | LM | 12.91    | 6                    | Priya              | Trengove   | LM | 15.36    |
| Xavi                | Raeburn         | PB | 12.21    | 7                    | London             | Polak      | OL | 12.34    |
| Rhys                | Armstrong       | BW | 12.51    | 8                    | Maya               | Hall       | OL | 12.91    |
| Luke                | Wilson          | PB | 11.45    | 9                    | Olympia            | Bacich     | PB | 12.70    |
| Daniel              | Dawson          | OL | 11.08    | 10                   | Zeva               | smith      | PB | 12.55    |
| Alexander           | Wilson          | PB | 11.32    | 11                   | Parker             | Brindle    | OL | 10.93    |
| Thomas              | Dawson          | OL | 10.17    | 12                   | Kaelan             | Adams      | OL | 10.74    |
| 80m HURDLES - BOYS  |                 |    |          | 80m HURDLES - GIRLS  |                    |            |    |          |
| Ky                  | Hehir           | OL | 15.42    | 13                   | Tahlia             | Kitson     | OL | 14.98    |
|                     |                 |    |          | 14                   | Hayley             | Tidy       | OL | 14.46    |
| 90m HURDLES - BOYS  |                 |    |          | 90m HURDLES - GIRLS  |                    |            |    |          |
| Jack                | Watters         | PB | 13.84    | 14                   |                    |            |    |          |
|                     |                 |    |          | 15                   | Sophie             | Glance     | OL | 16.72    |
|                     |                 |    |          | 16                   | Tara               | Aziz       | LM | 27.47    |
| 100m HURDLES - BOYS |                 |    |          | 100m HURDLES - GIRLS |                    |            |    |          |
| Mason               | Bradwell        | LM | 14.33    | 15                   |                    |            |    |          |
| Jaffar              | Al Jashammim    | BW | 15.39    | 16                   |                    |            |    |          |
|                     |                 |    |          | 17                   | Jessica            | Rolfe      | PB | 21.03    |
| 110m HURDLES - BOYS |                 |    |          | 200m HURDLES - GIRLS |                    |            |    |          |
| Lyndon              | Kenworthy-Groen | LM | 15.84    | 17                   |                    |            |    |          |
| 200m HURDLES - BOYS |                 |    |          | 300m HURDLES - GIRLS |                    |            |    |          |
| Ky                  | Hehir           | OL | 32.21    | 13                   | Taya               | Chambers   | LM | 32.41    |
| Jack                | Watters         | PB | 26.98    | 14                   | Erika              | Smits      | PB | 33.68    |
| 300m HURDLES - BOYS |                 |    |          | 700m WALK - GIRLS    |                    |            |    |          |
| Aedam               | Quinn           | OL | 43.84    | 15                   | Eva                | Jarvis     | BW | 4:49.86  |
| Jayden              | Ormerod         | LM | 44.25    | 16                   | 1100m WALK - GIRLS |            |    |          |
| Lyndon              | Kenworthy-Groen | LM | 42.06    | 17                   | Lilianna           | Renton     | OL | 7:27.86  |
| 700m WALK - BOYS    |                 |    |          | 11                   | Jasmine            | Rummer     | PB | 6:12.99  |
| Noah                | Janes           | PB | 4:59.87  | 9                    | 1500m WALK - GIRLS |            |    |          |
| 1100m WALK - BOYS   |                 |    |          | 12                   | AMY                | SILVESTER  | OL | 10:01.84 |
| Angus               | McArthur        | LM | 6:53.15  | 13                   | Florence           | Chapman    | OL | 8:04.05  |
| Marcus              | Silva           | PB | 6:56.86  | 14                   | Tia                | McArthur   | LM | 7:58.44  |
| 1500m WALK - BOYS   |                 |    |          | 15                   | Caitlin            | Hodgkinson | BW | 9:57.57  |
| Xavier              | Bernard         | PB | 7:51.02  | 16                   | Tara               | Aziz       | LM | 12:48.52 |
| Camden              | Dargie          | OL | 10:14.10 | 17                   | Courtney           | Johns      | PB | 9:21.69  |
| Liam                | Ford            | LM | 8:19.21  |                      |                    |            |    |          |

**HIGH JUMP - BOYS**

|                        |    |      |
|------------------------|----|------|
| Oliver Taylor          | BW | 1.06 |
| Ashton Nichols         | LM | 1.20 |
| Alexander Dewar        | OL | 1.37 |
| Jake Whitelaw          | PB | 1.38 |
| Camden Dargie          | OL | 1.46 |
| Chad Aziz              | LM | 1.55 |
| Luke Chapman           | OL | 1.72 |
| Jayden Ormerod         | LM | 1.47 |
| Lyndon Kenworthy-Groen | LM | 1.70 |

**LONG JUMP - BOYS**

|                   |    |      |
|-------------------|----|------|
| Wesley Kay        | LM | 2.81 |
| Xavi Raeburn      | PB | 2.89 |
| Owen Charsley     | LM | 3.55 |
| Luke Wilson       | PB | 3.81 |
| Daniel Dawson     | OL | 4.15 |
| Joshua Wilson     | PB | 4.12 |
| Angus Clearwater  | BW | 4.66 |
| Jeff Douce        | LM | 4.87 |
| Jack Watters      | PB | 5.33 |
| Elphan John Jimmi | BW | 6.14 |
| Jayden Ormerod    | LM | 5.39 |
| Damien Broughton  | LM | 6.08 |

**TRIPLE JUMP - BOYS**

|                        |    |       |
|------------------------|----|-------|
| Joshua Wilson          | PB | 8.55  |
| Angus Clearwater       | BW | 10.15 |
| Ky Hehir               | OL | 9.73  |
| Jack Watters           | PB | 10.79 |
| Elphan John Jimmi      | BW | 12.11 |
| Jayden Ormerod         | LM | 10.11 |
| Lyndon Kenworthy-Groen | LM | 11.46 |

**VORTEX / TURBO / JAV - BOYS**

|                        |    |       |
|------------------------|----|-------|
| Blake Hall             | OL | 16.72 |
| Xavi Raeburn           | PB | 19.80 |
| Rhys Armstrong         | BW | 15.48 |
| Noah Raeburn           | PB | 17.20 |
| Blake Hancy            | OL | 27.97 |
| Alexander Dewar        | OL | 22.17 |
| Nicholas Silva         | PB | 26.07 |
| Thomas Stipinovic      | OL | 31.80 |
| Jack Watters           | PB | 32.61 |
| Mason Bradwell         | LM | 34.50 |
| Jayden Ormerod         | LM | 35.31 |
| Lyndon Kenworthy-Groen | LM | 40.59 |

**DISCUS - BOYS**

|                   |    |       |
|-------------------|----|-------|
| Kaden Ogle        | LM | 13.47 |
| Xavi Raeburn      | PB | 11.83 |
| Rhys Armstrong    | BW | 14.73 |
| Luke Wilson       | PB | 15.23 |
| Blake Hancy       | OL | 23.84 |
| Kye Ormerod       | LM | 22.01 |
| Nicholas Silva    | PB | 22.70 |
| Nicholas Davidson | OL | 36.02 |
| Jack Watters      | PB | 33.37 |
| Elphan John Jimmi | BW | 37.54 |

**HIGH JUMP - GIRLS**

|                     |    |      |
|---------------------|----|------|
| 9 Carys Dewar       | OL | 1.04 |
| 10 Zeva Smith       | PB | 1.16 |
| 11 Parker Brindle   | OL | 1.30 |
| 12 Bianca Stanes    | OL | 1.35 |
| 13 Florence Chapman | OL | 1.33 |
| 14 Hayley Tidy      | OL | 1.47 |
| 15 Shanece Darnell  | LM | 1.34 |
| 16 Vanessa Miller   | BW | 1.30 |

**LONG JUMP - GIRLS**

|                   |    |      |
|-------------------|----|------|
| 6 Ella Green      | BW | 2.25 |
| 7 London Polak    | OL | 2.94 |
| 8 Kimberly Kay    | LM | 3.25 |
| 9 Annabella Tan   | BW | 3.51 |
| 10 Ainslie Keady  | PB | 3.74 |
| 11 Parker Brindle | OL | 4.04 |
| 12 Kaelan Adams   | OL | 4.36 |
| 13 Tahlia Kitson  | OL | 4.66 |
| 14 Hayley Tidy    | OL | 4.80 |
| 15 Sophie Glance  | OL | 4.58 |
| 16 Vanessa Miller | BW | 4.47 |
| 17 Courtney Johns | PB | 4.44 |

**TRIPLE JUMP - GIRLS**

|                      |    |       |
|----------------------|----|-------|
| 11 Parker Brindle    | OL | 9.02  |
| 12 Bianca Stanes     | OL | 8.85  |
| 13 Evelyn John Jimmi | BW | 9.82  |
| 14 Hayley Tidy       | OL | 10.26 |
| 15 Emily Adese       | PB | 9.30  |
| 16 Vanessa Miller    | BW | 9.03  |
| 17 Jessica Rolfe     | PB | 9.35  |

**VORTEX / TURBO / JAV - GIRLS**

|                              |    |       |
|------------------------------|----|-------|
| 6 Ella Green                 | BW | 8.58  |
| 7 Taylah Lobik               | OL | 17.60 |
| 8 Grace Nichols              | LM | 11.01 |
| 9 Eva Jarvis                 | BW | 12.63 |
| 10 Emily Annandale           | OL | 14.87 |
| 11 Parker Brindle            | OL | 22.37 |
| 12 Emma Kempson              | LM | 29.40 |
| 13 Florence Chapman          | OL | 22.67 |
| 14 Catherine Adams           | PB | 26.85 |
| 15 Quintelle Kenworthy-Groen | LM | 29.68 |
| 16 Vanessa Miller            | BW | 16.11 |
| 17 Courtney Johns            | PB | 31.87 |

**DISCUS - GIRLS**

|                       |    |       |
|-----------------------|----|-------|
| 6 Priya Trengove      | LM | 7.77  |
| 7 Milla Puglisi       | OL | 11.82 |
| 8 Grace Nichols       | LM | 12.62 |
| 9 Logan Heygate       | PB | 14.74 |
| 10 Tilly Duncan       | LM | 15.46 |
| 11 Lara Bussell       | BW | 27.17 |
| 12 Emma Kempson       | LM | 28.36 |
| 13 Tahlia Kitson      | OL | 22.84 |
| 14 Catherine Adams    | PB | 20.76 |
| 15 Caitlin Hodgkinson | BW | 25.06 |



| DISCUS - BOYS   |                 |    |       | DISCUS - GIRLS   |              |            |    |       |
|-----------------|-----------------|----|-------|------------------|--------------|------------|----|-------|
| Jayden          | Ormerod         | LM | 28.76 | <b>16</b>        | Vanessa      | Miller     | BW | 16.80 |
| Lyndon          | Kenworthy-Groen | LM | 28.21 | <b>17</b>        | Courtney     | Johns      | PB | 28.73 |
| SHOT PUT - BOYS |                 |    |       | SHOT PUT - GIRLS |              |            |    |       |
| Xavi            | Raeburn         | PB | 4.35  | <b>7</b>         | London       | Polak      | OL | 4.45  |
| Owen            | Charsley        | LM | 6.03  | <b>8</b>         | Grace        | Nichols    | LM | 6.14  |
| Oliver          | Taylor          | BW | 6.59  | <b>9</b>         | Olympia      | Bacich     | PB | 4.68  |
| Daniel          | Dawson          | OL | 8.55  | <b>10</b>        | Macey        | McDougall  | PB | 6.10  |
| Alexander       | Dewar           | OL | 7.74  | <b>11</b>        | Lara         | Bussell    | BW | 8.92  |
| Kaiden          | Summerell       | OL | 10.88 | <b>12</b>        | Emma         | Kempson    | LM | 11.16 |
| Nicholas        | Davidson        | OL | 10.60 | <b>13</b>        | Tahlia       | Kitson     | OL | 7.34  |
| Jack            | Watters         | PB | 12.45 | <b>14</b>        | Crystal-Jane | Cowin      | PB | 8.14  |
| Elphan          | John Jimmi      | BW | 10.41 | <b>15</b>        | Caitlin      | Hodgkinson | BW | 8.39  |
| Jaffar          | Al Jashammim    | BW | 9.26  | <b>16</b>        | Tara         | Aziz       | LM | 7.11  |
| Lyndon          | Kenworthy-Groen | LM | 10.05 | <b>17</b>        | Courtney     | Johns      | PB | 10.87 |

Melville Athletics Centre sincerely thanks all athletes who participated during the season ... and their parents / guardians for facilitating their involvement in Little Athletics.

## State Championships Winter Medalists 2019

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Melville had a total of 74 registered athletes for the 2019 Winter Cross Country / Road Walk season – the 3<sup>rd</sup> largest contingent out of all Little Athletics Centres.

Big congratulations to the six Melville athletes below who competed in EVERY Cross Country run of the season;

|                      |             |               |
|----------------------|-------------|---------------|
| Campbell Baldacchino | Carys Dewar | Dylan Bailey  |
| Jasmine Rummer       | Noah Bailey | Robert Hughes |

Big congratulations to Xavier Bernard who participated in EVERY Road Walk event of the Winter season.

### ROAD WALKING

|     |                |        |     |                |        |
|-----|----------------|--------|-----|----------------|--------|
| 9M  | Noah JANES     | BRONZE |     |                |        |
|     |                |        | 11F | Jasmine RUMMER | SILVER |
| 12M | Xavier BERNARD | SILVER |     |                |        |

### CROSS COUNTRY

|     |                            |        |     |                |        |
|-----|----------------------------|--------|-----|----------------|--------|
| 10M | Angus McARTHUR             | SILVER | 10F | Chloe DARTNELL | SILVER |
| 10M | Ashton NICHOLS             | BRONZE |     |                |        |
|     |                            |        | 14F | Tia McARTHUR   | BRONZE |
| 15M | Dylan BAILEY               | GOLD   |     |                |        |
|     |                            |        | 16F | Vanessa MILLER | GOLD   |
| 17B | Lyndon KENWORTHY-<br>GROEN | BRONZE |     |                |        |

## MAC Winter Award Winners 2019

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| Cross Country                          | Boys      |                        | Girls                            |
|--|-----------|------------------------|----------------------------------|
| <b>Junior</b>                          | Champion  | Jake Stott             | Grace Nichols                    |
|  | Runner Up | Jed Fitzgerald         | Carys Dewar                      |
| <b>Intermediate</b>                    | Champion  | Angus McArthur         | Jessica Millard                  |
|  | Runner Up | Ashton Nichols         | Kaelen Adams<br>& Chloe Dartnell |
| <b>Senior</b>                          | Champion  | Dylan Bailey           | Vanessa Miller                   |
|  | Runner Up | Lyndon Kenworthy-Groen | Tia McArthur                     |
| <b>Walk</b>                            |           |                        |                                  |
|  | Champion  | Xavier Bernard         |                                  |
|  | Runner Up | Jasmine Rummer         |                                  |
| <b>Coach's Winter Award – Junior</b>   |           | Penny Sharp            |                                  |
| <b>Coach's Winter Award - Senior</b>   |           | Siena Campbell-Clause  |                                  |
| <b>Mitchell Allomes Memorial Award</b> |           | Jasmine Rummer         |                                  |

# Centre Records... achieved in a MAC competition by a Melville athlete.

## Abbreviations:

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

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

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

Note 3. Records achieved in the previous season are in **bold underlined**

| Boys      |             |                   |           |                 | Girls |            |      |          |
|-----------|-------------|-------------------|-----------|-----------------|-------|------------|------|----------|
| Age       | Year        | Name              | Club      | Result          | Year  | Name       | Club | Result   |
| 50m       |             |                   |           |                 | 50m   |            |      |          |
| U7        | 1996        | B Abel            | LM        | 8.7             | 2009  | H Sullivan | LM   | 8.78 (e) |
|           | 2007        | C Reeves          | PB        | 8.94(e)         |       |            |      |          |
| 70m       |             |                   |           |                 | 70m   |            |      |          |
| <b>U6</b> | <b>2019</b> | <b>K Ogle</b>     | <b>LM</b> | <b>13.37(e)</b> | 2017  | M Hall     | OL   | 13.87(e) |
| U7        | 2007        | C Reeves          | PB        | 12.12(e)        | 2009  | H Sullivan | LM   | 12.25(e) |
| U8        | 1981        | N Mansfield       | MW        | 10.6            | 1992  | J Hofsink  | AT   | 11.2     |
| U9        | 2007        | L McDermott       | PB        | 10.32(e)        | 1982  | D Evans    | OL   | 10.7     |
| U10       | 1987        | G Meadowcroft     | OL        | 9.90            | 1992  | A Harding  | BB   | 10.10    |
| 100m      |             |                   |           |                 | 100m  |            |      |          |
| <b>U6</b> | <b>2019</b> | <b>E Hiemstra</b> | <b>PB</b> | <b>18.88(e)</b> | 2017  | M Hall     | OL   | 19.94(e) |
| U7        | 2017        | O Charsley        | LM        | 17.21(e)        | 2012  | M Kenny    | PB   | 17.47(e) |
| U8        | 1972        | M Bradley         | RM        | 14.8            | 1971  | J Richmond | AT   | 15.9     |
|           |             |                   |           |                 | 1974  | C Smith    | PB   | 15.9     |
| U9        | 1972        | K Atkinson        | CW        | 14.1            | 1975  | C Smith    | PB   | 14.6     |
| U10       | 1971        | S Kinniment       | BW        | 13.0            | 1992  | A Harding  | BB   | 14.3     |
| U11       | 1972        | R McKinnon        | MW        | 13.1            | 2013  | N Darwin   | BB   | 13.96(e) |
| U12       | 1978        | F Martin          | PB        | 12.5            | 1975  | M Fowler   | MW   | 12.9     |
| U13       | 2013        | J Gallagher       | OL        | 12.03(e)        | 1976  | M Sands    | ARD  | 12.6     |
| U14       | 2014        | J Gallagher       | OL        | 11.49(e)        | 1998  | S Oksuz    | BW   | 12.6     |
| U15       | 2013        | L McDermott       | PB        | 11.47(e)        | 1999  | S Oksuz    | BW   | 12.5     |
| U16       | 2001        | M Dawson          | BB        | 11.3            | 2016  | I Reeves   | PB   | 12.86(e) |
| U17       | 2011        | M.Craggs          | BB        | 11.65(e)        | 2017  | I Reeves   | PB   | 12.73(e) |
| 200m      |             |                   |           |                 | 200m  |            |      |          |
| U6        | new         | 2019/2020         |           |                 | new   | 2019/2020  |      |          |
| U7        | 1988        | N Hebbard         | LM        | 35.6            | 1991  | J Hofsink  | AT   | 35.6     |
| U8        | 1985        | G Meadowcroft     | OL        | 31.4            | 2014  | M Kenny    | PB   | 33.40(e) |
| U9        | 1996        | A Minchin         | LM        | 30.8            | 1977  | M Eldrid   | MW   | 31.5     |
| U10       | 1977        | F Martin          | PB        | 28.6            | 1977  | M Ashley   | LYN  | 29.7     |
| U11       | 1977        | F Martin          | PB        | 26.5            | 1974  | M Fowler   | MW   | 28.4     |
| 200m      |             |                   |           |                 | 200m  |            |      |          |
| U12       | 1979        | F Martin          | PB        | 25.3            | 1975  | M Fowler   | MW   | 27.3     |

|                         |             |                   |           |                   |                         |                  |     |            |
|-------------------------|-------------|-------------------|-----------|-------------------|-------------------------|------------------|-----|------------|
| U13                     | 2013        | J Gallagher       | OL        | 24.34(e)          | 1975                    | M Fowler         | MW  | 26.5       |
| U14                     | 2013        | N George          | LM        | 24.48(e)          | 2008                    | B Pires-         | PB  | 26.09(e)   |
| U15                     | 2013        | L McDermott       | PB        | 23.74(e)          | 1999                    | B Wood           | OL  | 25.3       |
| U16                     | 1999        | C Troode          | BB        | 23.5              | 2005                    | E Longo          | OL  | 26.3       |
| U17                     | 2001        | M Simon           | OL        | 23.5              | 2017                    | K Speechley      | LM  | 26.13(e)   |
| <b>300m</b>             |             |                   |           |                   | <b>300m</b>             |                  |     |            |
| U7                      | 2017        | O Charsley        | LM        | 58.61             | 2018                    | G Nichols        | LM  | 1:03.97    |
| <b>400m</b>             |             |                   |           |                   | <b>400m</b>             |                  |     |            |
| U9                      | 1972        | K Atkinson        | CW        | 1:09.3            | 1971                    | L Quail          | LYN | 1:13.0     |
| U10                     | 1975        | D Wright          | MP        | 1:05.7            | 1982                    | M Miragliotta    | PB  | 1:08.7     |
| U11                     | 1977        | F Martin          | PB        | 1:02.3            | 1974                    | M Fowler         | MW  | 1:04.9     |
| U12                     | 2011        | N George          | LM        | 59.16(e)          | 1975                    | M Fowler         | MW  | 1:00.4     |
| U13                     | 2013        | N George          | LM        | 54.56(e)          | 1975                    | M Fowler         | MW  | 1:00.4     |
| U14                     | 2014        | N George          | LM        | 53.06(e)          | 2002                    | R Francisco      | OL  | 0:59.1     |
| U15                     | 1991        | John Watters      | PB        | 52.8              | 2012                    | M Hollick        | OL  | 0:58.6     |
| U16                     | 1999        | C Troode          | BB        | 50.9              | 2015                    | K Speechley      | LM  | 1:01.10(e) |
| U17                     | 2016        | N George          | LM        | 52.63(e)          | 2015                    | Z O'Meara        | BB  | 1:01.36(e) |
| <b>500m</b>             |             |                   |           |                   | <b>500m</b>             |                  |     |            |
| <b>U8</b>               | <b>2018</b> | <b>O Charsley</b> | <b>LM</b> | <b>1:41.00(e)</b> | 2017                    | S Bernard        | PB  |            |
| <b>800m</b>             |             |                   |           |                   | <b>800m</b>             |                  |     |            |
| U9                      | 1994        | K Taylor          | OL        | 2:40.6            | 2013                    | C Kenny          | PB  | 2:53.63    |
| U10                     | 1991        | M Colegate        | OL        | 2:35.3            | 2016                    | M Kenny          | PB  | 2:41.11    |
| U11                     | 1974        | S Francis         | MP        | 2:25.7            | 1974                    | M Fowler         | MW  | 2:33.7     |
| U12                     | 1975        | K Davies          | RM        | 2:19.6            | 2016                    | C Kenny          | PB  | 2:27.83    |
|                         | 1975        | S Francis         | MP        | 2:19.6            |                         |                  |     |            |
| U13                     | 2012        | N George          | LM        | 2:13.41           | 2016                    | K van der Linden | PB  | 2:17.41    |
| U14                     | 2016        | L Shaw            | BW        | 2:09.80           | 2018                    | K van der Linden | PB  | 2:16.12    |
| U15                     | 1990        | S Hair            | KD        | 2:06.8            | 2004                    | M Hollick        | OL  | 2:21.6     |
| U16                     | 2011        | A Tharle          | OL        | 2:04.15           | 2006                    | M Hollick        | OL  | 2:25.8     |
| U17                     | 2013        | T Kenworthy-Groen | BB        | 2:03.43           | 2012                    | K Audsley        | MW  | 2:27.26    |
| <b>1500m</b>            |             |                   |           |                   | <b>1500m</b>            |                  |     |            |
| U11                     | 1974        | S Francis         | MP        | 5:00.7            | 2014                    | C Kenny          | PB  | 5:21.74    |
| U12                     | 1975        | K Davies          | RM        | 4:43.3            | 2016                    | C Kenny          | PB  | 5:11.27    |
|                         | 1975        | S Francis         | MP        | 4:43.3            |                         |                  |     |            |
| U13                     | 1976        | K Davies          | RM        | 4:38.5            | 2016                    | K van der Linden | PB  | 4:54.34    |
| U14                     | 2015        | L Shaw            | BW        | 4:25.29           | 2017                    | K van der Linden | PB  | 4:51.37    |
| U15                     | 1997        | B Johnson         | OL        | 4:30.9            | 2004                    | M Hollick        | OL  | 4:54.5     |
| U16                     | 2013        | K Metzner         | BB        | 4:25.06           | 2005                    | M Hollick        | OL  | 5:06.5     |
| U17                     | 2013        | T Kenworthy-Groen | BB        | 4:27.69           | 2013                    | K Audsley        | MW  | 5:13.98    |
| <b>60m Mini Hurdles</b> |             |                   |           |                   | <b>60m Mini Hurdles</b> |                  |     |            |
| <b>U6</b>               | <b>2019</b> | <b>K Ogle</b>     | <b>LM</b> | <b>12.91(e)</b>   | 2017                    | M Hall           | OL  | 13.37      |
| U7                      | 2016        | B Paterson        | OL        | 11.87             | 2017                    | T Duncan         | LM  | 12.32      |
| <b>60m Hurdles</b>      |             |                   |           |                   | <b>60m Hurdles</b>      |                  |     |            |
| U8                      | 2011        | C Bourne          | BW        | 11.38(e)          | 2009                    | I Reeves         | PB  | 11.74(e)   |
| <b>60m Hurdles</b>      |             |                   |           |                   | <b>60m Hurdles</b>      |                  |     |            |
| U9                      | 2012        | T Field           | LM        | 10.69(e)          | 1991                    | A Harding        | BB  | 10.7       |

|                     |             |                          |           |                 |                     |                 |           |                 |
|---------------------|-------------|--------------------------|-----------|-----------------|---------------------|-----------------|-----------|-----------------|
| U10                 | 2008        | L McDermott              | PB        | 10.99(e)        | 2017                | M Tidy          | OL        | 11.16(e)        |
| U11                 | 2012        | S Zhoya                  | LM        | 9.60 (e)        | 2000                | M Hollick       | OL        | 10.2            |
|                     |             |                          |           |                 |                     | S Oksuz         | BW        | 10.2            |
| U12                 | 2013        | S Zhoya                  | PB        | 9.80 (e)        | 2009                | R D'Cunha       | MW        | 10.19(e)        |
| <b>80m Hurdles</b>  |             |                          |           |                 | <b>80m Hurdles</b>  |                 |           |                 |
| U11                 | New         | 2019/2020                |           |                 | New                 | 2019/2020       |           |                 |
| U12                 | New         | 2019/2020                |           |                 | New                 | 2019/2020       |           |                 |
| U13                 | 1997        | B Jewell                 | PB        | 12.3            | 2010                | C Gibson        | PB        | 13.20(e)        |
| U14                 | ---         | ---                      | ---       | ---             | 2014                | I Reeves        | PB        | 13.08           |
| <b>90m Hurdles</b>  |             |                          |           |                 | <b>90m Hurdles</b>  |                 |           |                 |
| U14                 | 1999        | C Jovanovic              | PB        | 12.8            | ---                 | ---             | ---       | ---             |
| U15                 | ---         | ---                      | ---       | ---             | 2015                | I Reeves        | PB        | 13.79 (e)       |
| U16                 | ---         | ---                      | ---       | ---             | 2016                | I Reeves        | PB        | 13.88 (e)       |
| <b>100m Hurdles</b> |             |                          |           |                 | <b>100m Hurdles</b> |                 |           |                 |
| U15                 | 2000        | J Surjan                 | PB        | 13.6            | ---                 | ---             | ---       | ---             |
|                     | 2000        | C Jovanovic              | PB        | 13.6            | ---                 | ---             | ---       | ---             |
| U16                 | 2010        | M Craggs                 | BB        | 13.84 (e)       | ---                 | ---             | ---       | ---             |
| U17                 | 2000        | G Artemis                | OL        | 13.6            | 2014                | A Reid          | PB        | 15.83           |
| <b>110m Hurdles</b> |             |                          |           |                 | <b>110m Hurdles</b> |                 |           |                 |
| U17                 | 2011        | M Craggs                 | BB        | 14.88(e)        | ---                 | ---             | ---       | ---             |
| <b>200m Hurdles</b> |             |                          |           |                 | <b>200m Hurdles</b> |                 |           |                 |
| U13                 | 2015        | S Rajakovic              | BW        | 27.53           | 2002                | M Hollick       | OL        | 29.3            |
| <b>U14</b>          | <b>2018</b> | <b>J Watters</b>         | <b>PB</b> | <b>26.98(e)</b> | 2003                | M Hollick       | OL        | 29.1            |
| <b>300m Hurdles</b> |             |                          |           |                 | <b>300m Hurdles</b> |                 |           |                 |
| <b>U15</b>          | <b>2019</b> | <b>A Quinn</b>           | <b>OL</b> | <b>43.84(e)</b> | <b>2018</b>         | <b>I Taylor</b> | <b>LM</b> | <b>53.87(e)</b> |
| U16                 | 2017        | L Bennett                | BB        | 43.95           | 2016                | A Cronin        | BB        | 47.77           |
| <b>U17</b>          | <b>2018</b> | <b>L Kenworthy-Groen</b> | <b>LM</b> | <b>42.06(e)</b> | 2018                | A Cronin        | BB        | 49.09           |
| <b>700m Walk</b>    |             |                          |           |                 | <b>700m Walk</b>    |                 |           |                 |
| U9                  | 1989        | D                        | LM        | 3:46.8          | 1983                | H Walsh         | BB        | 3:48.8          |
| <b>1100m Walk</b>   |             |                          |           |                 | <b>1100m Walk</b>   |                 |           |                 |
| U10                 | 1996        | T Hellings               | OL        | 5:34.4          | 2009                | M Johns         | PB        | 5:41.84         |
| U11                 | 1995        | J Klauz                  | OL        | 5:44.4          | 2010                | M Johns         | PB        | 5:41.90         |
| <b>1500m Walk</b>   |             |                          |           |                 | <b>1500m Walk</b>   |                 |           |                 |
| U12                 | 1997        | N Avery                  | BB        | 7:08.4          | 2012                | M Johns         | PB        | 7:36.07         |
| U13                 | 1997        | N Avery                  | BB        | 6:51.1          | 2008                | H Watson        | BW        | 7:12.8          |
| U14                 | 1999        | N Avery                  | BB        | 6:47.1          | 2008                | H Watson        | BW        | 6:57:70         |
| U15                 | 1995        | J Gawley                 | BB        | 6:28.6          | 2009                | H Watson        | BW        | 7:05.75         |
| U16                 | 2000        | J Klauz                  | OL        | 6:22.3          | 2010                | H Watson        | BW        | 7:05.00         |
| U17                 | 2000        | J Klauz                  | OL        | 6:42.7          | 2012                | H Watson        | BW        | 7:08.00         |
| <b>Long Jump</b>    |             |                          |           |                 | <b>Long Jump</b>    |                 |           |                 |
| <b>U6</b>           | <b>2018</b> | <b>W Kay</b>             | <b>LM</b> | <b>2.81</b>     | 2017                | M Hall          | OL        | 2.71            |
| U7                  | 1996        | D Chan                   | OL        | 3.36            | 2014                | A Mott          | LM        | 3.17            |
| U8                  | 1985        | G Meadowcroft            | OL        | 3.90            | 2011                | H Sullivan      | LM        | 3.64            |
| U9                  | 2014        | L Burns                  | BB        | 4.36            | 2009                | Z Walker        | PB        | 3.99            |
| U10                 | 1987        | G Meadowcroft            | OL        | 4.51            | 1993                | B Wood          | OL        | 4.41            |
| U11                 | 1981        | M Hamilton               | CW        | 5.16            | 1972                | L Richmond      | AT        | 4.84            |

| Long Jump     |             |               |           |              | Long Jump     |                |           |              |
|---------------|-------------|---------------|-----------|--------------|---------------|----------------|-----------|--------------|
| U12           | 2014        | T Field       | LM        | 5.43         | 2014          | S White        | PB        | 5.09         |
| U13           | 1980        | F Martin      | PB        | 6.26         | 1996          | S Oksuz        | BW        | 5.22         |
| U14           | 2016        | S Rajakovic   | BW        | 5.94         | 2014          | C Blackman     | OL        | 5.52         |
| U15           | 2000        | J Surjan      | PB        | 6.28         | 1999          | S Oksuz        | BW        | 5.64         |
| U16           | 2014        | M Liddelow    | PB        | 6.40         | 2017          | C Blackman     | OL        | 5.56         |
| U17           | 2011        | M Craggs      | BB        | 6.60         | 2018          | C Blackman     | OL        | 5.67         |
| Triple Jump   |             |               |           |              | Triple Jump   |                |           |              |
| U10           | 1984        | M Cattalini   | OL        | 9.34         | 1993          | B Wood         | OL        | 8.98         |
| U11           | 2013        | S Zhoya       | LM        | 9.98         | 1995          | S Oksuz        | BW        | 9.52         |
| U12           | 2015        | T Field       | LM        | 11.33        | 2013          | C Blackman     | BW        | 10.27        |
| U13           | 2014        | S Rajakovic   | BW        | 12.69        | 2014          | C Blackman     | BW        | 10.83        |
| U14           | 2016        | S Rajakovic   | BW        | 13.25        | 2015          | C Blackman     | OL        | 11.11        |
| U15           | 1990        | S Hair        | KD        | 13.07        | 2016          | C Blackman     | OL        | 11.56        |
| U16           | 2014        | M Liddelow    | PB        | 13.25        | 2017          | C Blackman     | OL        | 11.58        |
| U17           | 2000        | G Artemis     | OL        | 13.01        | 2018          | C Blackman     | OL        | 12.49        |
| High Jump     |             |               |           |              | High Jump     |                |           |              |
| U8            | 1980        | J Edlich      | OL        | 1.11         | 2016          | B Stanes       | OL        | 1.07         |
| U9            | 2014        | A Harvey      | PB        | 1.21         | 2014          | M Kenny        | PB        | 1.15         |
| U10           | 2011        | C Fitzgerald  | BW        | 1.23         | 1983          | K Woodward     | KD        | 1.25         |
|               | 2016        | J Whitelaw    | PB        | 1.23         |               |                |           |              |
| U11           | 1977        | D Anderson    | MW        | 1.47         | 1979          | G Legge        |           | 1.37         |
| U12           | 1977        | D Anderson    | MW        | 1.60         | 1983          | L Shenstone    | BW        | 1.57         |
| U13           | 1978        | D Anderson    | MW        | 1.73         | 2010          | N Robinson     | PB        | 1.60         |
| U14           | 2014        | L Fox         | BB        | 1.76         | 2010          | N Robinson     | PB        | 1.62         |
| U15           | 2014        | L Fox         | BB        | 1.85         | 2011          | N Robinson     | PB        | 1.62         |
| U16           | 2015        | L Fox         | LM        | 1.88         | 1999          | S Blackney     | BB        | 1.60         |
| U17           | 2013        | L Peers       | BB        | 1.82         | 2015          | L Lowrey       | BW        | 1.51         |
| Vortex        |             |               |           |              | Vortex        |                |           |              |
| <b>U6</b>     | <b>2018</b> | <b>B Hall</b> | <b>OL</b> | <b>16.72</b> | 2018          | M Hall         | OL        | 9.65         |
| U7            | 2016        | A McArthur    | LM        | 23.26        | <b>2019</b>   | <b>T Lobik</b> | <b>OL</b> | <b>17.60</b> |
| Turbo Javelin |             |               |           |              | Turbo Javelin |                |           |              |
| U8            | 2001        | D Duplock     | CW        | 21.11        | 2004          | A Robinson     | LM        | 18.24        |
| U9            | 2002        | M Craggs      | BB        | 25.76        | 2005          | A Robinson     | LM        | 21.63        |
| U10           | 2017        | T Dawson      | OL        | 28.45        | 2017          | P Brindle      | OL        | 23.36        |
| Javelin 400g  |             |               |           |              | Javelin 400g  |                |           |              |
| U11           | 1980        | A Foley       | BB        | 42.78        | 2007          | A Robinson     | LM        | 29.29        |
| U12           | 1980        | A Foley       | BB        | 44.96        | 2008          | A Robinson     | PB        | 34.79        |
| U13           | ---         | ---           | ---       | ---          | 2009          | A Robinson     | PB        | 39.42        |
| U14           | ---         | ---           | ---       | ---          | 2014          | L Ilievski     | BW        | 38.94        |
| Javelin 500g  |             |               |           |              | Javelin 500g  |                |           |              |
| U15           | ---         | ---           | ---       | ---          | 2014          | L Ilievski     | OL        | 40.77        |
| U16           | ---         | ---           | ---       | ---          | 2016          | I Taylor       | PB        | 39.07        |
| U17           | ---         | ---           | ---       | ---          | 2013          | A Robinson     | PB        | 36.04        |
| Javelin 600g  |             |               |           |              | Javelin 600g  |                |           |              |
| U13           | 1981        | R Giroud      | MW        | 45.06        | ---           | ---            | ---       | ---          |

|                |             |                    |           |              |                |                    |           |       |
|----------------|-------------|--------------------|-----------|--------------|----------------|--------------------|-----------|-------|
| Javelin 600g   |             |                    |           |              |                |                    |           |       |
| U14            | 2000        | D Prigmore         | PB        | 51.18        | ---            | ---                | ---       | ---   |
| U15            | 1999        | C Jovanovic        | PB        | 56.7         | ---            | ---                | ---       | ---   |
| Javelin 700g   |             |                    |           |              |                |                    |           |       |
| U16            | 2010        | M Craggs           | BB        | 51.24        | ---            | ---                | ---       | --    |
| U17            | 2002        | A Hofstee          | CW        | 52.0         | ---            | ---                | ---       | ---   |
| Shot Put 1.0kg |             |                    |           |              | Shot Put 1.0kg |                    |           |       |
| U6             | new         | 2019/2020          |           |              | new            | 2019/2020          |           |       |
| Shot Put 1.5kg |             |                    |           |              | Shot Put 1.5kg |                    |           |       |
| U7             | 2008        | O Bodlovich        | BW        | 5.96         | 1987           | A Christian        | PB        | 5.57  |
| U8             | 1989        | N Hebbard          | LM        | 8.29         | 2004           | A Robinson         | LM        | 6.69  |
| Shot Put 2kg   |             |                    |           |              | Shot Put 2kg   |                    |           |       |
| U9             | 1989        | N Hebbard          | LM        | 8.81         | 2016           | A Watters          | PB        | 7.43  |
| U10            | 1973        | S Fazey            | OL        | 10.18        | 1989           | A Christian        | PB        | 8.84  |
| U11            | 1998        | H O'Brien          | PB        | 11.16        | 2012           | <i>J Patterson</i> | <i>OL</i> | 9.55  |
| <b>U12</b>     | <b>2019</b> | <b>K Summerell</b> | <b>OL</b> | <b>10.88</b> | 1981           | P Moore            | BB        | 12.02 |
| Shot Put 3kg   |             |                    |           |              | Shot Put 3kg   |                    |           |       |
| U13            | 1982        | R Giroud           | MW        | 14.64        | 2000           | L Smith            | LM        | 11.47 |
| U14            | 2015        | L Fox              | BB        | 15.11        | 1992           | B Payze            | PB        | 12.81 |
| U15            | ---         | ---                | ---       | ---          | 1993           | B Payze            | PB        | 13.57 |
| U16            | ---         | ---                | ---       | ---          | 2015           | I Taylor           | PB        | 12.84 |
| U17            | ---         | ---                | ---       | ---          | 2016           | I Taylor           | PB        | 12.37 |
| Shot Put 4kg   |             |                    |           |              | Shot Put 4kg   |                    |           |       |
| U15            | 2002        | T Grabe            | OL        | 15.99        | ---            | ---                | ---       | ---   |
| U16            | 1998        | J Hofstee          | OL        | 15.86        | ---            | ---                | ---       | ---   |
| Shot Put 5kg   |             |                    |           |              | Shot Put 5kg   |                    |           |       |
| U17            | 2000        | S Leighton         | CW        | 13.23        | ---            | ---                | ---       | ---   |
| Discus 350g    |             |                    |           |              | Discus 350g    |                    |           |       |
| <b>U6</b>      | <b>2018</b> | <b>K Ogle</b>      | <b>LM</b> | <b>13.47</b> | 2018           | M Hall             | OL        | 9.46  |
| U7             | 2001        | M O'Brien          | BTM       | 19.79        | 1993           | S Dunnet           | PB        | 15.09 |
| Discus 500g    |             |                    |           |              | Discus 500g    |                    |           |       |
| U8             | 1992        | A Prince           | PB        | 24.7         | 1994           | S Dunnet           | PB        | 19.72 |
| U9             | 1989        | N Hebbard          | LM        | 29.73        | 1988           | A Christian        | PB        | 22.86 |
| U10            | 1979        | N Hancy            | OL        | 32.96        | 1989           | A Christian        | PB        | 27.24 |
| U11            | 2018        | K Ormerod          | LM        | 22.01        | 2019           | L Bussell          | BW        | 27.17 |
| Discus 750g    |             |                    |           |              | Discus 750g    |                    |           |       |
| U12            | 1981        | A Foley            | BB        | 40.04        | 1995           | L Smith            | OL        | 32.74 |
| U13            | 1982        | R Giroud           | MW        | 45.50        | 1991           | B Payze            | PB        | 37.42 |
| Discus 1kg     |             |                    |           |              | Discus 1kg     |                    |           |       |
| U14            | 2000        | D Prigmore         | PB        | 51.18        | 1992           | B Payze            | PB        | 37.8  |
| U15            | 1991        | A Casey            | PB        | 47.1         | 1992           | B Payze            | PB        | 38.89 |
| U16            | ---         | ---                | ---       | ---          | 2003           | L Smith            | LM        | 40.55 |
| U17            | ---         | ---                | ---       | ---          | 2009           | S Fenwick          | OL        | 38.03 |
| Discus 1.5kg   |             |                    |           |              | Discus 1.5kg   |                    |           |       |
| U16            | 2004        | M Malone           | OL        | 46.66        | ---            | ---                | ---       | ---   |
| U17            | 2010        | M Craggs           | BB        | 38.00        | ---            | ---                | ---       | ---   |

# Open Records

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

## TO CLAIM A RECORD:

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

| Boys        |             |                  |           |                 | Girls       |            |      |           |
|-------------|-------------|------------------|-----------|-----------------|-------------|------------|------|-----------|
| Age         | Year        | Name             | Club      | Result          | Year        | Name       | Club | Result    |
| <b>50m</b>  |             |                  |           |                 | <b>50m</b>  |            |      |           |
| U7          | 1996        | B Abel           | LM        | 8.70            | 1990        | A Harding  | BB   | 8.60      |
| <b>70m</b>  |             |                  |           |                 | <b>70m</b>  |            |      |           |
| <b>U6</b>   | <b>2019</b> | <b>K Ogle</b>    | <b>LM</b> | <b>13.37(e)</b> | 2017        | M Hall     | OL   | 13.87(e)  |
| U7          | 2011        | J Cleaver        | BW        | 11.64           | 2014        | A Mott     | LM   | 11.99     |
| U8          | 1986        | G Meadowcroft    | OL        | 10.40           | 1981        | D Evans    | OL   | 11.00     |
|             |             |                  |           |                 | 1997        | K Elliss   | PB   | 11.00     |
| U9          | 2007        | L McDermott      | PB        | 9.70            | 1977        | M Eldrid   | MW   | 10.1      |
| U10         | 1987        | G Meadowcroft    | OL        | 9.90            | 1992        | A Harding  | BB   | 10.10     |
| <b>100m</b> |             |                  |           |                 | <b>100m</b> |            |      |           |
| <b>U6</b>   | <b>2019</b> | <b>E Hiestra</b> | <b>PB</b> | <b>18.88(e)</b> | 2017        | M Hall     | OL   | 19.94(e)  |
| U7          | 1988        | N Hebbard        | LM        | 16.60           | 2014        | A Mott     | LM   | 17.09     |
|             |             |                  |           |                 | 2010        | H Sullivan | LM   | 17.30     |
| U8          | 1986        | G Meadowcroft    | OL        | 14.50           | 1991        | A Harding  | BB   | 15.70     |
| U9          | 1987        | G Meadowcroft    | OL        | 13.90           | 1975        | C Smith    | PB   | 14.60     |
| U10         | 1971        | S Kinniment      | BW        | 13.00           | 2010        | Z Walker   | PB   | 13.98     |
| U11         | 1978        | F Martin         | PB        | 12.90           | 2013        | N Darwin   | BB   | 13.16     |
| U12         | 1979        | F Martin         | PB        | 12.40           | 2011        | G Boxley   | PB   | 12.50     |
| U13         | 2015        | S Rajakovic      | BW        | 11.22           | 2012        | G Boxley   | PB   | 12.49     |
| U14         | 2014        | J Gallagher      | OL        | 11.09           | 2013        | G Boxley   | PB   | 11.99     |
| U15         | 2013        | L McDermott      | PB        | 10.89           | 2016        | I Reeves   | PB   | 12.25     |
| U16         | 2002        | M Dawson         | PB        | 10.90           | 2017        | I O'Meara  | BB   | 12.24 (e) |
| U17         | 2015        | M Liddelaw       | PB        | 11.18           | 2010        | R O'Kane   | BB   | 12.53     |



|              |             |                   |           |                |              |                  |    |          |
|--------------|-------------|-------------------|-----------|----------------|--------------|------------------|----|----------|
| <b>200m</b>  |             |                   |           |                | <b>200m</b>  |                  |    |          |
| U7           | 1987        | N Hebbard         | LM        | 35.6           | 1991         | J Hofsink        | AT | 35.6     |
| U8           | 1986        | G Meadowcroft     | OL        | 31             | 1992         | A Chequer        | BW | 32.9     |
| U9           | 1987        | G Meadowcroft     | OL        | 29.4           | 1992         | A Harding        | BB | 30.4     |
| U10          | 1973        | K Atkinson        | CW        | 28             | 2000         | M Hollick        | OL | 29.2     |
| U11          | 1978        | F Martin          | PB        | 26.3           | 2001         | M Hollick        | OL | 27.2     |
|              | 2013        | S Zhoya           | LM        | 26.3           |              |                  |    |          |
| U12          | 1979        | F Martin          | PB        | 24.7           | 2002         | M Hollick        | OL | 26.6     |
| U13          | 1980        | F Martin          | PB        | 23.6           | 2015         | J Bain           | PB | 25.47    |
| U14          | 2014        | J Gallagher       | OL        | 22.6           | 1990         | L Miller         | MW | 25.2     |
| U15          | 2013        | L McDermott       | PB        | 22.52          | 2015         | K Speechley      | LM | 24.86    |
| U16          | 1998        | C Troode          | BB        | 23.1           | 2017         | I O'Meara        | BB | 25.38(e) |
| U17          | 2002        | M Simon           | OL        | 23.2           | 2018         | I Reeves         | PB | 25.70    |
| <b>300m</b>  |             |                   |           |                | <b>300m</b>  |                  |    |          |
| U7           | 2017        | O Charsley        | LM        | 58.61          | 2018         | G Nichols        | LM | 1:03.97  |
| <b>400m</b>  |             |                   |           |                | <b>400m</b>  |                  |    |          |
| U9           | 1972        | K Atkinson        | CW        | 1:09.3         | 1984         | L Chadwick       | BB | 1:12.70  |
| U10          | 1986        | J Watters         | PB        | 1:04.4         | 1982         | M Miragliotta    | PB | 1:05.70  |
| U11          | 1978        | F Martin          | PB        | 1:00.6         | 2015         | C Kenny          | PB | 1:02:75  |
| U12          | 1979        | F Martin          | PB        | 55.0           | 2016         | K van der Linden | PB | 59.06    |
| U13          | 1980        | F Martin          | PB        | 51.9           | 1995         | C Cochrane       | MW | 59.4     |
|              |             |                   |           |                | 2003         | M Hollick        | OL | 59.4     |
| U14          | 2014        | N George          | LM        | 50.83          | 2002         | M Wheatley       | PB | 57.8     |
| U15          | 2015        | N George          | LM        | 51.0           | 2015         | K Speechley      | OL | 57.48    |
| U16          | 2015        | L Moore           | BB        | 49.52          | 2006         | E Longo          | OL | 1:00.1   |
| U17          | 2017        | N George          | LM        | 49.32          | 2014         | N Clark          | LM | 59.52    |
| <b>500m</b>  |             |                   |           |                | <b>500m</b>  |                  |    |          |
| <b>U8</b>    | <b>2018</b> | <b>O Charsley</b> | <b>LM</b> | <b>1:41.00</b> | 2017         | S Bernard        | PB | 1:52.55  |
| <b>800m</b>  |             |                   |           |                | <b>800m</b>  |                  |    |          |
| U9           | 1994        | K Taylor          | OL        | 2:38.9         | 2006         | N Clark          | LM | 2:50.10  |
| U10          | 2004        | J Mapstone        | LM        | 2:31.1         | 2016         | M Kenny          | PB | 2:37.19  |
| U11          | 1986        | O Dartnall        | MP        | 2:21.9         | 2008         | N Clark          | LM | 2:29.40  |
| U12          | 2012        | N George          | LM        | 2:14.55        | 2016         | K van der Linden | PB | 2:23.19  |
| U13          | 2015        | L Shaw            | BW        | 2:06:25        | 2003         | M Hollick        | OL | 2:15.60  |
| U14          | 2016        | L Shaw            | BW        | 1:59.01        | <b>2017</b>  | K van der Linden | PB | 2:16.12  |
| U15          | 1998        | M McNally         | BB        | 2:03.5         | 2005         | M Hollick        | OL | 2:15.90  |
| U16          | 2013        | T Kenworthy-Groen | BB        | 2:02.58        | 2012         | K Audsley        | MW | 2:21.22  |
| U17          | 2014        | T Kenworthy-Groen | BB        | 1:59.29        | 2013         | K Audsley        | MW | 2:22.01  |
| <b>1500m</b> |             |                   |           |                | <b>1500m</b> |                  |    |          |
| U11          | 1986        | O Dartnall        | MP        | 4:47.20        | 2008         | N Clark          | LM | 5:10.80  |
| U12          | 1987        | O Dartnall        | MP        | 4:41.10        | 2016         | C Kenny          | PB | 4:54.92  |
| U13          | 2015        | L Shaw            | BW        | 4:18:17        | 2016         | K van der Linden | PB | 4:54.34  |
| U14          | 2016        | L Shaw            | BW        | 4:08.83        | 2000         | A Anderson       | LM | 4:51.10  |
| U15          | 1992        | B Prosser         | MP        | 4:17.80        | 2001         | A Anderson       | LM | 4:48.80  |
| U16          | 2014        | K Metzner         | BB        | 4:15.93        | 2012         | K Audsley        | MW | 5:04.55  |

|                         |             |                   |           |                         |             |                 |           |                 |
|-------------------------|-------------|-------------------|-----------|-------------------------|-------------|-----------------|-----------|-----------------|
| U17                     | 2014        | T Kenworthy-Groen | BB        | 4.22.13                 | 2013        | K Audsley       | MW        | 5:01.37         |
| <b>60m Mini Hurdles</b> |             |                   |           | <b>60m Mini Hurdles</b> |             |                 |           |                 |
| <b>U6</b>               | <b>2019</b> | <b>K Ogle</b>     | <b>LM</b> | <b>12.91(e)</b>         | 2017        | M Hall          | OL        | 13.37           |
| U7                      | 2017        | B Paterson        | OL        | 11.87                   | 2017        | T Duncan        | LM        | 12.32           |
| <b>60m Hurdles</b>      |             |                   |           | <b>60m Hurdles</b>      |             |                 |           |                 |
| U8                      | 2012        | C Bourne          | BW        | 10.56                   | 2014        | M Kenny         | PB        | 11.13           |
| U9                      | 2012        | T Field           | LM        | 9.97                    | 1995        | T Brown         | MW        | 10.60           |
| U10                     | 1997        | M Schrader        | LM        | 10.1                    | 1997        | C Douglas       | OL        | 10.30           |
|                         | 2012        | S Zhoya           | LM        | 10.1                    |             |                 |           |                 |
| U11                     | 2013        | S Zhoya           | LM        | 9.13                    | 2001        | M Hollick       | OL        | 9.50            |
| U12                     | 2014        | S Zhoya           | PB        | 9.10                    | 2014        | S White         | PB        | 9.60            |
| <b>80m Hurdles</b>      |             |                   |           | <b>80m Hurdles</b>      |             |                 |           |                 |
| U11                     | new         | 2019/2020         |           |                         | new         | 2019/2020       |           |                 |
| U12                     | new         | 2019/2020         |           |                         | new         | 2019/2020       |           |                 |
| U13                     | 2015        | S Zhoya           | PB        | 11.61                   | 1997        | A Chequer       | BW        | 12.60           |
| U14                     | ---         | ---               | ---       | ---                     | 2015        | I Reeves        | PB        | 12.20           |
|                         |             |                   |           |                         | 2000        | T Pollard       | PB        | 12.70           |
| <b>90m Hurdles</b>      |             |                   |           | <b>90m Hurdles</b>      |             |                 |           |                 |
| U14                     | 2012        | L McDermott       | PB        | 12.74                   | ---         | ---             | ---       | ---             |
| U15                     | ---         | ---               | ---       | ---                     | 2014        | S Williams      | BB        | 12.99           |
| U16                     | ---         | ---               | ---       | ---                     | 2017        | I Reeves        | PB        | 13.38(e)        |
| <b>100m Hurdles</b>     |             |                   |           | <b>100m Hurdles</b>     |             |                 |           |                 |
| U15                     | 2000        | J Surian          | PB        | 13.2                    | ---         | ---             | ---       | ---             |
|                         | 2000        | C Jovanovic       | PB        | 13.2                    |             |                 |           |                 |
| U16                     | 2003        | C Artemis         | CW        | 13.4                    | ---         | ---             | ---       | ---             |
| U17                     | ---         | ---               | ---       | ---                     | <b>2018</b> | <b>I Reeves</b> | <b>PB</b> | <b>13.77</b>    |
| <b>110m Hurdles</b>     |             |                   |           | <b>110m Hurdles</b>     |             |                 |           |                 |
| U17                     | 2011        | M Craggs          | BB        | 14.00                   | ---         | ---             | ---       | ---             |
| <b>200m Hurdles</b>     |             |                   |           | <b>200m Hurdles</b>     |             |                 |           |                 |
| U13                     | 2015        | S Rajakovic       | BW        | 25.39                   | 2016        | M Hebiton       | OL        | 28.61           |
| U14                     | 2016        | S Rajakovic       | BW        | 25.22                   | 2015        | I Reeves        | PB        | 28.26           |
| <b>300m Hurdles</b>     |             |                   |           | <b>300m Hurdles</b>     |             |                 |           |                 |
| <b>U15</b>              | <b>2019</b> | <b>A Quinn</b>    | <b>OL</b> | <b>43.84(e)</b>         | <b>2018</b> | <b>I Taylor</b> | <b>BB</b> | <b>53.87(e)</b> |
| U16                     | 2017        | L Bennett         | BB        | 43.95                   | 2017        | A Cronin        | BB        | 45.85(e)        |
| <b>U17</b>              | <b>2018</b> | L Kenworthy-Groen | <b>LM</b> | <b>42.06(e)</b>         | 2018        | A Cronin        | BB        | 46.26(e)        |
| <b>700m Walk</b>        |             |                   |           | <b>700m Walk</b>        |             |                 |           |                 |
| U9                      | 1983        | A Fitzgerald      | MW        | 3:36.3                  | 1992        | A Thevenau      | BB        | 3:41.3          |
| <b>1100m Walk</b>       |             |                   |           | <b>1100m Walk</b>       |             |                 |           |                 |
| U10                     | 1996        | T Hellings        | OL        | 5:34.4                  | 2009        | M Johns         | PB        | 5:41.84         |
| U11                     | 1995        | J Klauz           | OL        | 5:37.3                  | 2008        | K Holt          | OL        | 5:34.1          |
| <b>1500m Walk</b>       |             |                   |           | <b>1500m Walk</b>       |             |                 |           |                 |
| U12                     | 1997        | N Avery           | BB        | 7:08.4                  | 1999        | S Avery         | BB        | 7:13.8          |
| U13                     | 1997        | N Avery           | BB        | 6:51.1                  | 2008        | H Watson        | BW        | 7:00.5          |
| U14                     | 1999        | N Avery           | BB        | 6:47.1                  | 2009        | H Watson        | BW        | 6:48.2          |
| U15                     | 1995        | J Gawley          | BB        | 6:28.4                  | 2009        | H Watson        | BW        | 6:54.30         |
| U16                     | 2000        | J Klauz           | OL        | 6:21.9                  | 2011        | H Watson        | BW        | 7:05.00         |

|                      |             |               |           |              |                      |                |           |              |
|----------------------|-------------|---------------|-----------|--------------|----------------------|----------------|-----------|--------------|
| U17                  | 2001        | J Klauz       | OL        | 6:42.7       | 2012                 | H Watson       | BW        | 6:59.85      |
| <b>Long Jump</b>     |             |               |           |              | <b>Long Jump</b>     |                |           |              |
| <b>U6</b>            | <b>2018</b> | <b>W Kay</b>  | <b>LM</b> | <b>2.81</b>  | 2017                 | M Hall         | OL        | 2.71         |
| U7                   | 1996        | D Chan        | OL        | 3.36         | 1990                 | L Smith        | OL        | 3.2          |
| U8                   | 1986        | G Meadowcroft | OL        | 4.09         | 1983                 | L Miller       | CW        | 3.7          |
| U9                   | 1987        | G Meadowcroft | OL        | 4.37         | 2009                 | Z Walker       | PB        | 3.99         |
| U10                  | 1987        | M Chequer     | BW        | 4.67         | 1993                 | B Wood         | OL        | 4.41         |
| U11                  | 1981        | M Hamilton    | CW        | 5.16         | 1972                 | L Richmond     | AT        | 4.84         |
| U12                  | 2014        | S Zhoya       | PB        | 5.48         | 2014                 | S White        | PB        | 5.09         |
| U13                  | 2015        | S Rajakovic   | BW        | 6.56         | 2002                 | J McKinnon     | BB        | 5.34         |
| U14                  | 2016        | S Rajakovic   | BW        | 6.43         | 1998                 | S Oksuz        | BW        | 5.59         |
| U15                  | 1998        | W Surjan      | PB        | 6.32         | 1999                 | S Oksuz        | BW        | 6.19         |
| U16                  | 1999        | G Artemis     | OL        | 6.40         | 2017                 | C Blackman     | OL        | 5.76         |
|                      | 2014        | M Liddelow    | PB        | 6.40         |                      |                |           |              |
| U17                  | 2011        | M Craggs      | BB        | 6.69         | 2018                 | C Blackman     | OL        | 5.67         |
| <b>Triple Jump</b>   |             |               |           |              | <b>Triple Jump</b>   |                |           |              |
| U10                  | 1988        | G Meadowcroft | OL        | 9.82         | 2011                 | C Blackman     | BW        | 9.53         |
| U11                  | 2013        | S Zhoya       | LM        | 10.89        | 1998                 | C Douglas      | OL        | 10.12        |
| U12                  | 1988        | S Hair        | KD        | 11.46        | 2001                 | J McKinnon     | BB        | 11.04        |
| U13                  | 2014        | S Rajakovic   | BW        | 13.09        | 2014                 | C Blackman     | BW        | 10.83        |
| U14                  | 2016        | S Rajakovic   | BW        | 13.25        | 1994                 | B Payze        | PB        | 11.11        |
| U15                  | 1991        | S Hair        | KD        | 13.19        | 2016                 | C Blackman     | OL        | 11.80        |
| U16                  | 2013        | J Konle       | OL        | 13.90        | 2017                 | C Blackman     | OL        | 11.58        |
| U17                  | 2000        | G Artemis     | OL        | 13.01        | 2018                 | C Blackman     | OL        | 12.49        |
| <b>High Jump</b>     |             |               |           |              | <b>High Jump</b>     |                |           |              |
| U8                   | 1980        | J Edlich      | OL        | 1.11         | 2015                 | B Stanes       | OL        | 1.07         |
| U9                   | 1975        | D Anderson    | MW        | 1.28         | 1982                 | J Mullings     | KD        | 1.18         |
| U10                  | 1980        | J Cook        | MW        | 1.42         | 1983                 | K Woodward     | KD        | 1.25         |
| U11                  | 1977        | D Anderson    | MW        | 1.58         | 1982                 | K. Bailey      | MW        | 1.43         |
| U12                  | 1978        | D Anderson    | MW        | 1.6          | 1983                 | L Shenstone    | BW        | 1.57         |
| U13                  | 1979        | D Anderson    | MW        | 1.82         | 2008                 | K Sexton       | OL        | 1.65         |
| U14                  | 1997        | D Singe       | BB        | 1.76         | 2011                 | N Robinson     | PB        | 1.68         |
|                      | 2014        | L Fox         | BB        | 1.76         |                      |                |           |              |
| U15                  | 1990        | J Pozzi       | MP        | 1.93         | 2012                 | N Robinson     | PB        | 1.65         |
| U16                  | 2013        | J Konle       | OL        | 1.90         | 1999                 | S Blackney     | BB        | 1.6          |
|                      | 2016        | L Fox         | LM        | 1.90         |                      |                |           |              |
| U17                  | 2013        | L Peers       | LM        | 1.82         | 2015                 | L Lowrey       | BW        | 1.51         |
| <b>Vortex</b>        |             |               |           |              | <b>Vortex</b>        |                |           |              |
| <b>U6</b>            | <b>2018</b> | <b>B Hall</b> | <b>OL</b> | <b>16.72</b> | 2018                 | M Hall         | OL        | 9.65         |
| U7                   | 2016        | A McArthur    | LM        | 23.26        | <b>2019</b>          | <b>T Lobik</b> | <b>OL</b> | <b>17.60</b> |
| <b>Turbo Javelin</b> |             |               |           |              | <b>Turbo Javelin</b> |                |           |              |
| U8                   | 2002        | D Duplock     | CW        | 24.04        | 2004                 | A Robinson     | LM        | 18.3         |
| U9                   | 2001        | G Derrington  | BW        | 28.07        | 2005                 | A Robinson     | LM        | 22.26        |
| U10                  | 2017        | T Dawson      | OL        | 28.45        | 2017                 | P Brindle      | OL        | 23.36        |
| <b>Javelin 400g</b>  |             |               |           |              | <b>Javelin 400g</b>  |                |           |              |
| U11                  | 1980        | A Foley       | BB        | 42.78        | 2001                 | J O'Donovan    | BW        | 30.74        |

|                       |             |                    |           |              |                       |             |     |       |
|-----------------------|-------------|--------------------|-----------|--------------|-----------------------|-------------|-----|-------|
| U12                   | 1980        | A Foley            | BB        | 47.7         | 2008                  | A Robinson  | PB  | 34.79 |
| U13                   | ---         | ---                | ---       | ---          | 1996                  | L Smith     | OL  | 40.96 |
| U14                   | ---         | ---                | ---       | ---          | 2014                  | L Ilievski  | BW  | 38.94 |
| <b>Javelin 500g</b>   |             |                    |           |              | <b>Javelin 500g</b>   |             |     |       |
| U15                   | ---         | ---                | ---       | ---          | 2015                  | L Ilievski  | BW  | 45.96 |
| U16                   | ---         | ---                | ---       | ---          | 2016                  | I Taylor    | PB  | 39.07 |
| U17                   | ---         | ---                | ---       | ---          | 2013                  | A Robinson  | PB  | 37.45 |
| <b>Javelin 600g</b>   |             |                    |           |              | <b>Javelin 600g</b>   |             |     |       |
| U13                   | 1998        | C Jovanovic        | PB        | 46.46        | ---                   | ---         | --- | ---   |
| U14                   | 1990        | C Roebuck          | MW        | 54.56        | ---                   | ---         | --- | ---   |
| <b>Javelin 700g</b>   |             |                    |           |              | <b>Javelin 700g</b>   |             |     |       |
| U15                   | 1991        | C Roebuck          | MW        | 59.84        | ---                   | ---         | --- | ---   |
| U16                   | 2010        | M Craggs           | BB        | 51.24        | ---                   | ---         | --- | ---   |
| U17                   | 2002        | A Hoftsee          | CW        | 52.0         | ---                   | ---         | --- | ---   |
| <b>Shot Put 1.0kg</b> |             |                    |           |              | <b>Shot Put 1.0kg</b> |             |     |       |
| U/6                   | new         | 2019/2020          |           |              | new                   | 2019/2020   |     |       |
| <b>Shot Put 1.5kg</b> |             |                    |           |              | <b>Shot Put 1.5kg</b> |             |     |       |
| U7                    | 1988        | N Hebbard          | LM        | 6.4          | 1987                  | A Christian | PB  | 5.57  |
| U8                    | 1989        | N Hebbard          | LM        | 9.41         | 1988                  | A Christian | PB  | 7.46  |
| <b>Shot Put 2kg</b>   |             |                    |           |              | <b>Shot Put 2kg</b>   |             |     |       |
| U9                    | 1975        | A Reeves           | AT        | 9.31         | 1989                  | A Christian | PB  | 7.59  |
| U10                   | 1973        | S Fazey            | OL        | 10.45        | 1989                  | A Christian | PB  | 8.84  |
| U11                   | 1998        | H O'Brien          | PB        | 11.16        | 1995                  | H Lawson    | MW  | 10.09 |
|                       | 2005        | M Craggs           | BB        | 11.16        |                       |             |     |       |
| <b>U12</b>            | <b>2019</b> | <b>K Summerell</b> | <b>OL</b> | <b>10.88</b> | 1986                  | C Finucane  | PB  | 12.42 |
| <b>Shot Put 3kg</b>   |             |                    |           |              | <b>Shot Put 3kg</b>   |             |     |       |
| U13                   | 1982        | R Giroud           | MW        | 14.64        | 2000                  | L Smith     | LM  | 11.47 |
| U14                   | 2015        | L Fox              | BB        | 15.11        | 1992                  | B Payze     | PB  | 12.88 |
| U15                   | ---         | ---                | ---       | ---          | 1995                  | L Wai       | PB  | 13.96 |
| U16                   | ---         | ---                | ---       | ---          | 2016                  | I Taylor    | PB  | 13.36 |
| U17                   | ---         | ---                | ---       | ---          | 2016                  | I Taylor    | PB  | 12.37 |
| <b>Shot Put 4kg</b>   |             |                    |           |              | <b>Shot Put 4kg</b>   |             |     |       |
| U15                   | 2003        | T Grabe            | OL        | 16.2         | ---                   | ---         | --- | ---   |
| U16                   | 1998        | J Hoftsee          | OL        | 15.86        | ---                   | ---         | --- | ---   |
| <b>Shot Put 5kg</b>   |             |                    |           |              | <b>Shot Put 5kg</b>   |             |     |       |
| U17                   | 2000        | J Hoftsee          | OL        | 13.41        | ---                   | ---         | --- | ---   |
| <b>Discus 350g</b>    |             |                    |           |              | <b>Discus 350g</b>    |             |     |       |
| <b>U6</b>             | <b>2018</b> | <b>K Ogle</b>      | <b>LM</b> | <b>13.47</b> | 2018                  | M Hall      | OL  | 9.46  |
| U7                    | 2001        | M O'Brien          | BTM       | 19.79        | 2010                  | K Yates     | BW  | 16.81 |
| <b>Discus 500g</b>    |             |                    |           |              | <b>Discus 500g</b>    |             |     |       |
| U8                    | 1992        | A Prince           | PB        | 24.7         | 1987                  | A Christian | PB  | 20.2  |
| U9                    | 1983        | J Foley            | BB        | 30.8         | 1989                  | A Christian | PB  | 25.14 |
| U10                   | 1978        | A Foley            | BB        | 34.28        | 1990                  | A Christian | PB  | 30.68 |
| U11                   |             |                    |           |              |                       |             |     |       |
| <b>Discus 750g</b>    |             |                    |           |              | <b>Discus 750g</b>    |             |     |       |
| U12                   | 1980        | A Foley            | BB        | 42.5         | 1992                  | A Christian | PB  | 34.34 |

|                     |      |           |     |       |                    |           |    |       |
|---------------------|------|-----------|-----|-------|--------------------|-----------|----|-------|
| U13                 | 1982 | R Giroud  | MW  | 45.50 | 1991               | B Payze   | PB | 37.8  |
| <b>Discus 1 kg</b>  |      |           |     |       | <b>Discus 1 kg</b> |           |    |       |
| U14                 | 1985 | R Vogel   | MP  | 49.08 | 1992               | B Payze   | PB | 38.1  |
| U15                 | 1991 | C Roebuck | MW  | 47.28 | 1993               | B Payze   | PB | 39.68 |
| U16                 | 1999 | J Hoftsee | OL  | 49.22 | 2004               | L Smith   | LM | 42.34 |
| U17                 | ---  | ---       | --- | ---   | 2009               | S Fenwick | OL | 38.03 |
| <b>Discus 1.5kg</b> |      |           |     |       |                    |           |    |       |
| U17                 | 2000 | J Hoftsee | OL  | 40.75 |                    |           |    |       |

# Competition Standards

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## High Jump

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

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

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

Each athlete is allowed three attempts at each height. The bar is raised in 5cm increments until all but the final six (6) athletes<sup>1</sup> have been eliminated. The bar is then raised a minimum of 2cm intervals. U9 and U10 athletes to use 'scissors' style only.

## Long Jump

U6 – U17 athletes can have a practice jump (if athlete desires) then each athlete is allowed three (3) individual measured jumps (total 4 trials in 4 rounds).

The front of mat for U6 to U9 will be 20 cm from the pit. For U10 to U12 the front of the mat will be 1m from the pit and for U13-17 front of the strip will be 1m from the pit. A 1m mat is used for U6 to U8, a 0.5m mat for U9 to U10, and a 0.2m mat/board/strip for U11 to U17.

## Triple Jump

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

| BOYS & GIRLS | U11   | U12   | U13   | U14   | U15   | U16   | U17   |
|--------------|---|-------|-------|-------|-------|-------|-------|
| Board (m)    | Strip                                       | Strip | Strip | Strip | Strip | Strip | Strip |
| Mat (m)      | In full metre increments commencing from 5m |       |       |       |       |       |       |

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

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

## Shot Put

U6 – U12 athletes have 1 practice and 1 measured throw in round 1 then 2 measured throws in round 2 (total 4 trials in 2 rounds)

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

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

|              | U6 | U7* | U8  | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U16 | U17 |
|--------------|----|-----|-----|----|-----|-----|-----|-----|-----|-----|-----|-----|
| <b>BOYS</b>  | 1  | 1.5 | 1.5 | 2  | 2   | 2   | 2   | 3   | 3   | 4   | 4   | 5   |
| <b>GIRLS</b> | 1  | 1.5 | 1.5 | 2  | 2   | 2   | 2   | 3   | 3   | 3   | 3   | 3   |

\*1.0kg for LAWA events

## Discus

U6 – U12 athletes have 1 practice and 1 measured throw in round 1 then 2 measured throws in round 2 (total 4 trials in 2 rounds)

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

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

|              | U6   | U7   | U8   | U9   | U10  | U11  | U12  | U13  | U14 | U15 | U16 | U17   |
|--------------|------|------|------|------|------|------|------|------|-----|-----|-----|-------|
| <b>BOYS</b>  | 350g | 350g | 500g | 500g | 500g | 500g | 750g | 750g | 1kg | 1kg | 1kg | 1.5kg |
| <b>GIRLS</b> | 350g | 350g | 500g | 500g | 500g | 500g | 750g | 750g | 1kg | 1kg | 1kg | 1kg   |

## Javelin

U6 – U12 athletes have 1 practice and 1 measured throw in round 1 then 2 measured throws in round 2 (total 4 trials in 2 rounds)

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

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

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

**Note:**Tjav = Turbo Javelin for U8 – U10.

## Hurdles

Colour coding for Hurdles Spacing:

|      |        |              |
|------|--------|--------------|
| 110m | Blue   | Boys U17     |
| 100m | Yellow | Boys U15-U16 |
| 90m  | White  | Boys U14     |
| 80m  | Red    | Boys U11-U13 |
| 60m  | Black  | Boys U6-U10  |

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

|  | U13        | U14        | U15        | U16        | U17        |
|--|------------|------------|------------|------------|------------|
|  | 200        | 200        | 300        | 300        | 300        |
|  | 68         | 76         | 76         | 76         | 76         |
|  | 20         | 20         | 50         | 50         | 50         |
|  | 35         | 35         | 35         | 35         | 35         |
|  | 40         | 40         | 40         | 40         | 40         |
|  | 5          | 5          | 7          | 7          | 7          |
|  |            |            |            |            |            |
|  | <b>U13</b> | <b>U14</b> | <b>U15</b> | <b>U16</b> | <b>U17</b> |
|  | 200        | 200        | 300        | 300        | 300        |
|  | 68         | 76         | 76         | 76         | 76         |
|  | 20         | 20         | 50         | 50         | 50         |
|  | 35         | 35         | 35         | 35         | 35         |
|  | 40         | 40         | 40         | 40         | 40         |
|  | 5          | 5          | 7          | 7          | 7          |



## 2019-2020 Achievement Ribbon Performance Levels – Girls

|      | 70m   | 100m  | 200m   | 400m   | 800m   | 1500m | Short Hurdle s | Long Hurdle s | Shot Put | Discus | Javelin | High Jump | Long Jump | Triple Jump | Walk | #  | GOL D |
|------|-------|-------|--------|--------|--------|-------|----------------|---------------|----------|--------|---------|-----------|-----------|-------------|------|----|-------|
| 16 R | 13.39 | 28.20 | 1:05.4 | 2:42.9 | 6:06.5 | 15.34 | 52.90          | 9.62          | 26.18    | 23.76  | 1.41    | 4.72      | 10.12     | 9.38.1      | 9    |    |       |
| 16 B | 14.59 | 31.42 | 1:20.3 | 3:00.7 | 6:47.5 | 18.67 | 60.64          | 8.05          | 19.94    | 19.36  | 1.31    | 4.27      | 9.22      | 11:36.9     | 8    | 13 |       |
| 16 G | 15.40 | 33.01 | 1:40.8 | 3:14.1 | 7:32.4 | 19.97 | 68.26          | 6.84          | 15.59    | 15.72  | 1.26    | 3.87      | 8.58      | 12:51.7     | 7    |    |       |
| 15 R | 14.11 | 29.85 | 1:08.1 | 2:48.9 | 6:07.9 | 17.29 | 56.07          | 8.44          | 21.21    | 23.40  | 1.40    | 4.39      | 9.22      | 9:38.1      | 9    |    |       |
| 15 B | 15.26 | 33.07 | 1:20.2 | 3:28.7 | 7:12.4 | 19.26 | 62.78          | 6.96          | 16.56    | 16.49  | 1.28    | 3.94      | 8.36      | 11:36.9     | 8    | 13 |       |
| 15 G | 15.95 | 35.08 | 1:29.0 | 3:57.2 | 8:24.9 | 20.36 | 66.72          | 6.19          | 13.56    | 12.34  | 1.20    | 3.69      | 7.73      | 12:51.7     | 7    |    |       |
| 14 R | 13.93 | 29.12 | 1:06.7 | 2:38.8 | 6:20.5 | 14.90 | 33.79          | 8.05          | 19.77    | 26.19  | 1.40    | 4.41      | 9.47      | 8:58.2      | 9    |    |       |
| 14 B | 15.21 | 32.16 | 1:17.2 | 3:14.7 | 6:52.1 | 17.14 | 36.84          | 6.63          | 16.72    | 17.94  | 1.26    | 3.81      | 8.10      | 10:34.4     | 8    | 13 |       |
| 14 G | 15.83 | 33.84 | 1:24.3 | 3:41.0 | 7:56.8 | 18.67 | 38.86          | 5.58          | 13.97    | 13.40  | 1.20    | 3.42      | 7.32      | 11:27.1     | 7    |    |       |
| 13 R | 14.01 | 29.00 | 1:07.2 | 2:41.8 | 5:42.8 | 15.76 | 33.51          | 7.00          | 20.88    | 21.48  | 1.35    | 4.29      | 9.22      | 9:02.2      | 9    |    |       |
| 13 B | 15.72 | 32.84 | 1:19.0 | 3:11.9 | 6.51   | 18.76 | 37.83          | 5.93          | 15.51    | 15.80  | 1.21    | 3.67      | 8.06      | 10:56.4     | 8    | 13 |       |
| 13 G | 17.15 | 35.87 | 1:27.8 | 3:34.2 | 7:44.5 | 20.65 | 40.72          | 5.16          | 11.98    | 11.59  | 1.11    | 3.27      | 7.14      | 11:45.7     | 7    |    |       |
| 12 R | 14.78 | 30.86 | 1:10.9 | 2:53.8 | 5:57.5 | NEW   | NEW            | 7.46          | 18.76    | 18.95  | 1.22    | 3.91      | 8.46      | 9:16.8      | 9    |    |       |
| 12 B | 16.53 | 35.33 | 1:23.3 | 3:19.6 | 7:5.3  | EVENT | EVENT          | 6.23          | 13.80    | 13.92  | 1.13    | 3.34      | 7.23      | 11:17.4     | 8    | 11 |       |
| 12 G | 17.72 | 38.40 | 1:31.6 | 3:37.3 | 7:36.8 | NEW   | EVENT          | 5.50          | 10.70    | 10.67  | 1.05    | 2.95      | 6.25      | 12:30.6     | 7    |    |       |
| 11 R | 15.30 | 32.36 | 1:15.2 | 3:01.2 | 6:09.8 | NEW   | NEW            | 6.78          | 16.84    | 16.28  | 1.16    | 3.64      | 7.81      | 7:28.4      | 9    |    |       |
| 11 B | 16.94 | 36.86 | 1:28.6 | 3:26.2 | 7:06.0 | EVENT | EVENT          | 5.50          | 12.31    | 11.48  | 1.06    | 3.13      | 6.68      | 8:22.9      | 8    | 11 |       |
| 11 G | 18.32 | 39.74 | 1:34.8 | 3:42.6 | 7:43.1 | NEW   | NEW            | 4.60          | 9.94     | 8.53   | 1.00    | 2.79      | 5.71      | 9:01.3      | 7    |    |       |
| 10 R | 11.49 | 16.17 | 34.42  | 1:20.3 | 3:07.9 | 12.86 |                | 6.05          | 16.76    | 16.08  | 1.07    | 3.62      |           | 7:54.9      | 9    |    |       |
| 10 B | 12.38 | 17.72 | 38.41  | 1:30.6 | 3:31.9 | 14.17 |                | 4.88          | 11.90    | 12.31  | 0.97    | 3.08      |           | 8:33.5      | 8    | 11 |       |
| 10 G | 13.04 | 18.70 | 41.33  | 1:36.5 | 3:47.1 | 15.07 |                | 3.96          | 9.24     | 8.90   | 0.90    | 2.76      |           | 8:59.0      | 7    |    |       |
| 9 R  | 11.79 | 16.70 | 36.47  | 1:24.8 | 3:15.8 | 12.45 |                | 4.95          | 12.35    | 11.06  | 1.02    | 3.30      |           | 4:54.7      | 8    |    |       |
| 9 B  | 13.10 | 18.74 | 41.28  | 1:37.1 | 3:45.2 | 14.00 |                | 3.98          | 9.49     | 9.29   | 0.90    | 2.80      |           | 5:28.1      | 7    | 11 |       |
| 9 G  | 13.92 | 19.90 | 44.86  | 1:46.4 | 4:06.2 | 14.79 |                | 3.27          | 7.47     | 7.83   | 0.85    | 2.44      |           | 5:56.8      | 6    |    |       |
| 8 R  | 12.84 | 18.30 | 38.98  | 1:58.7 | 3:00m  | 13.56 |                | 4.76          | 10.37    | 9.72   |         | 2.94      |           |             | 7    | 9  |       |
| 8 B  | 13.96 | 20.06 | 43.67  | 2:17.7 | 2:31.2 | 14.72 |                | 3.71          | 7.52     | 7.41   |         | 2.49      |           |             | 6    |    |       |
| 8 G  | 14.68 | 21.02 | 46.32  | 2:31.2 | 2:31.2 | 15.60 |                | 3.04          | 5.85     | 6.01   |         | 2.25      |           |             | 5    |    |       |
| 7 R  | 13.67 | 19.67 | 42.55  | 1:07.3 | 300m   | 13.16 |                | 3.95          | 9.35     | 13.23  |         | 2.58      |           |             | 6    | 9  |       |
| 7 B  | 14.93 | 21.84 | 47.12  | 1:17.5 | 1:17.5 | 14.46 |                | 3.04          | 7.11     | 8.91   |         | 2.22      |           |             | 5    |    |       |
| 7 G  | 15.62 | 22.77 | 51.15  | 1:24.4 | 1:24.4 | 15.67 |                | 2.51          | 5.47     | 6.70   |         | 1.95      |           |             | 4    |    |       |
| 6 R  | 15.14 | 20.80 | NEW    |        |        | 14.93 |                | NEW           | 7.21     | 8.27   |         | 2.15      |           |             | 4    |    |       |
| 6 B  | 17.07 | 24.45 | EVENT  |        |        | 16.32 |                | EVEN          | 5.47     | 6.03   |         | 1.83      |           |             | 3    | 6  |       |
| 6 G  | 17.45 | 27.02 |        |        |        | 17.74 |                | T             | 4.34     | 4.42   |         | 1.61      |           |             | 2    |    |       |

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

## 2019-2020 Achievement Ribbon Performance Levels – Boys

|      | 70m   | 100m  | 200m   | 400m   | 800m   | 1500m  | Short Hurdles | Long Hurdles | Shot Put | Discus | Javelin | High Jump | Long Jump | Triple Jump | Walk    | # | GOLD |
|------|-------|-------|--------|--------|--------|--------|---------------|--------------|----------|--------|---------|-----------|-----------|-------------|---------|---|------|
| 16 R | 12.52 | 25.45 | 2:18.0 | 0:56.3 | 2:18.0 | 4:51.9 | 15.70         | 44.81        | 10.04    | 33.25  | 37.12   | 1.54      | 5.21      | 10.47       | 9:57.3  | 9 |      |
| 16 B | 13.06 | 27.26 | 2:33.4 | 1:02.3 | 2:33.4 | 5:25.1 | 16.56         | 47.78        | 9.26     | 28.65  | 30.62   | 1.49      | 4.62      | 9.99        | 10:26.9 | 8 | 13   |
| 16 G | 13.47 | 28.10 | 2:45.5 | 1:05.1 | 2:45.5 | 5:55.6 | 17.51         | 50.26        | 8.75     | 24.38  | 24.91   | 1.46      | 4.34      | 9.67        | 11:48.7 | 7 |      |
| 15 R | 12.48 | 25.23 | 2:15.7 | 0:55.0 | 2:15.7 | 4:48.3 | 15.73         | 44.55        | 10.82    | 34.97  | 35.92   | 1.61      | 5.69      | 11.35       | 9:57.3  | 9 |      |
| 15 B | 13.40 | 27.42 | 2:38.0 | 1:01.4 | 2:38.0 | 5:28.7 | 17.29         | 51.76        | 8.99     | 26.82  | 27.71   | 1.45      | 5.00      | 10.38       | 10:26.9 | 8 | 13   |
| 15 G | 14.04 | 29.31 | 2:54.4 | 1:07.1 | 2:54.4 | 6:12.1 | 18.40         | 56.25        | 7.87     | 22.50  | 21.97   | 1.36      | 4.53      | 9.76        | 11:48.7 | 7 |      |
| 14 R | 13.05 | 26.59 | 2:24.8 | 0:57.7 | 2:24.8 | 4:55.9 | 14.29         | 29.26        | 10.18    | 26.09  | 31.48   | 1.55      | 5.16      | 10.47       | 9:04.6  | 9 |      |
| 14 B | 14.03 | 29.74 | 3:08.6 | 1:08.6 | 3:08.6 | 5:58.7 | 17.51         | 33.72        | 8.28     | 21.60  | 22.27   | 1.35      | 4.43      | 9.39        | 10:28.8 | 8 | 13   |
| 14 G | 14.86 | 32.02 | 3:04.8 | 1:14.8 | 3:04.8 | 6:15.4 | 19.27         | 37.00        | 6.89     | 17.99  | 17.11   | 1.20      | 3.78      | 8.77        | 11:44.5 | 7 |      |
| 13 R | 13.72 | 27.63 | 2:32.3 | 1:02.5 | 2:32.3 | 5:06.5 | 13.95         | 31.00        | 8.53     | 23.95  | 24.20   | 1.50      | 4.76      | 9.83        | 8:50.8  | 9 |      |
| 13 B | 15.15 | 31.58 | 3:11.9 | 1:14.6 | 3:11.9 | 6:06.2 | 17.04         | 35.24        | 6.98     | 18.82  | 18.59   | 1.32      | 4.10      | 8.58        | 10:21   | 8 | 13   |
| 13 G | 16.23 | 34.43 | 3:11.9 | 1:23.8 | 3:11.9 | 6:35.2 | 19.15         | 38.49        | 5.80     | 14.92  | 15.03   | 1.20      | 3.73      | 7.73        | 10:51   | 7 |      |
| 12 R | 14.42 | 29.53 | 3:04.5 | 1:08.6 | 3:04.5 | 5:28.9 | NEW           |              | 8.18     | 22.70  | 24.34   | 1.35      | 4.33      | 9.01        | 9:25.8  | 9 |      |
| 12 B | 15.79 | 33.25 | 3:17.4 | 1:17.4 | 3:17.4 | 6:16.0 | EVENT         |              | 6.32     | 16.51  | 17.34   | 1.19      | 3.69      | 7.88        | 10:49   | 8 | 11   |
| 12 G | 16.66 | 34.65 | 3:22.0 | 1:22.6 | 3:22.0 | 6:54.5 |               |              | 5.11     | 13.24  | 12.88   | 1.09      | 3.31      | 7.19        | 11:39   | 7 |      |
| 11 R | 15.31 | 31.64 | 3:16.4 | 1:12.1 | 3:16.4 | 5:41.8 | NEW           |              | 7.43     | 18.12  | 21.56   | 1.27      | 3.88      | 8.16        | 6:49.8  | 9 |      |
| 11 B | 16.91 | 35.18 | 3:13.0 | 1:23.6 | 3:13.0 | 6:32.7 | EVENT         |              | 6.17     | 14.51  | 14.88   | 1.11      | 3.36      | 7.13        | 7:55.4  | 8 | 11   |
| 11 G | 17.51 | 37.68 | 3:26.6 | 1:29.5 | 3:26.6 | 7:06.1 |               |              | 5.25     | 11.62  | 11.37   | 1.00      | 3.06      | 6.42        | 8:38.6  | 7 |      |
| 10 R | 11.02 | 15.57 | 3:19.4 | 1:16.0 | 3:19.4 | 5:21.3 | 12.26         |              | 6.61     | 19.19  | 22.32   | 1.11      | 3.79      |             | 7:28.3  | 9 |      |
| 10 B | 12.37 | 17.66 | 3:79.0 | 1:28.0 | 3:23.1 |        | 14.28         |              | 5.28     | 14.12  | 15.22   | 1.01      | 3.20      |             | 8:35.4  | 8 | 11   |
| 10 G | 13.01 | 18.64 | 3:39.0 | 1:35.9 | 3:39.9 | 5:50.1 | 15.01         |              | 4.42     | 10.82  | 10.87   | 0.95      | 2.91      |             | 9:21.2  | 7 |      |
| 9 R  | 11.63 | 16.65 | 3:47.6 | 1:19.6 | 3:00.9 |        | 12.06         |              | 5.42     | 15.48  | 16.41   | 1.05      | 3.45      |             | 4:39.1  | 8 |      |
| 9 B  | 12.73 | 18.16 | 3:39.1 | 1:30.2 | 3:26.4 |        | 13.29         |              | 4.44     | 11.92  | 12.49   | 0.93      | 2.98      |             | 5:20.4  | 7 | 11   |
| 9 G  | 13.51 | 19.29 | 4:14.2 | 1:37.3 | 3:38.8 |        | 14.08         |              | 3.81     | 9.67   | 9.76    | 0.80      | 2.71      |             | 5:50.7  | 6 |      |
| 8 R  | 12.33 | 17.36 | 3:71.6 | 1:51.2 | 5:00m  |        | 12.71         |              | 5.09     | 12.89  | 13.66   |           | 3.12      |             |         | 7 | 9    |
| 8 B  | 13.50 | 19.33 | 4:19.8 | 2:08.4 | 2:08.4 |        | 14.17         |              | 4.14     | 9.65   | 10.30   |           | 2.67      |             |         | 6 |      |
| 8 G  | 14.23 | 21.03 | 4:61.3 | 2:22.3 | 2:22.3 |        | 14.91         |              | 3.53     | 7.31   | 7.66    |           | 2.39      |             |         | 5 |      |
| 7 R  | 13.32 | 18.80 | 4:08.7 | 1:05.5 | 3:00m  |        | 12.41         |              | 4.19     | 11.69  | 19.01   |           | 2.82      |             |         | 6 | 9    |
| 7 B  | 14.35 | 20.51 | 4:48.6 | 1:14.7 | 1:14.7 |        | 13.56         |              | 3.46     | 9.03   | 12.99   |           | 2.46      |             |         | 5 |      |
| 7 G  | 15.01 | 21.91 | 4:74.0 | 1:21.6 | 1:21.6 |        | 14.43         |              | 2.99     | 6.92   | 9.86    |           | 2.15      |             |         | 4 |      |
| 6 R  | 14.13 | 20.73 | NEW    |        |        |        | 13.39         |              | NEW      | 8.39   | 16.01   |           | 2.50      |             |         | 4 |      |
| 6 B  | 16.09 | 23.38 | EVENT  |        |        |        | 15.61         |              | EVENT    | 6.62   | 9.29    |           | 2.11      |             |         | 3 | 6    |
| 6 G  | 17.40 | 24.52 |        |        |        |        | 16.96         |              |          | 4.69   | 6.70    |           | 1.75      |             |         | 2 |      |

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

## **Melville Roar Seniors**

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Melville ROAR Athletic Club competes under the affiliation of Athletics WA (AWA) who conducts all senior athletic meets at the WA Athletics Stadium, Stephenson Ave, Mt Claremont for any athlete turning 12 and older.

The program of events follows a 4 week cycle (A to D) and covers all the events from sprints, middle distance, throws, jumps and walks. Essentially any event you will see at the Olympics is conducted except for the Marathon.

Melville Athletics Centre registered athletes turning 12 and over in the current year will be able to register with AWA and be eligible to compete at all AWA and AA National competitions for Summer (19/20) and Winter (2020). There are fees associated with nominating for each meet event – see AWA website.

There will be no late entries permitted in season 2019/2020 for weekly registration process, check AWA website for details. Closing time/date will be advised by Athletics WA via the registration portal, but as a general rule will now close at noon two days prior to the competition (for example, if the competition is on the Friday, entries will close at noon on the Wednesday).

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

Athletes are to wear the Melville Athletics uniform worn for states and utilised by Melville Seniors. You are required to wear the AWA assigned competition number as opposed to the LAWA assigned competition number.

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

A sub-committee for administering and fostering senior athletics meets on a monthly basis during the summer season and members are more than willing to assist, where possible.

The members of the sub-committee are current or former Melville Little Athletics Centre parents or athletes and if more information about Melville Seniors or have any queries please go to the [melvilleroar.com](http://melvilleroar.com) website or email: [seniors@melvilleroar.com](mailto:seniors@melvilleroar.com)

Hear the ROAR

See the ROAR

Be the ROAR

